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The

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I give below Reports of some recent cases showing the remarkable efficacy of my system of CURATIVE PHYSICAL CULTURE.

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CASE 4871. Rev. G.E.S. Clergymen, aged 48, suffering from liver troubles, constipation an "tired and fagged out feeling."—***Report after 28 days' Treatment.*** "Greatly improved. **Have scarcely experienced that terribly tired, fagged-out feeling** in my work, which I suffered from before—bowels correct."

Insomnia.

CASE No. 4757. H.E. Gentleman, aged 28, suffering from insomnia, indigestion, and constipation.—***Report after 28 days' Treatment.*** "Very much better in health, **sleep sounder,** digestion better, and bowels correct."

Indigestion.

CASE No. 4711. E W. Lady, aged 44, suffering with obesity, indigestion and constipation.—***Report after 12 days' Treatment.*** "**Digestion greatly improved,** bowels improved, heavy tired feeling better, weight reduced 1st. 2lbs. The doctor says I must on no account miss one of your exercises, they are all important."

Loss of Vigour.

CASE No. 5005. J.B. Gentleman, aged 22, feeling of extreme lassitude.—***Report after 12 days' Treatment.***—"Feeling greatly benefitted by your system. **It has put more vigour into my life,** feel more able for daily duties."

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Reprinted from Sir George Newnes' Paper, WOMAN'S LIFE, *February* 13, 1904.

Beauty in Business.

AN INTERESTING CHAT WITH MRS. ADA S. BALLIN.

"PERSONAL appearance is one of the most important elements in business and social success," was a phrase that struck the writer in an article by Mrs. Ada S. Ballin, the well-known authority on health and beauty, and he straightway determined to interview her on the subject on behalf of WOMAN'S LIFE, and consequently called by previous appointment at her residence, 18, Somerset Street, Portman Square.

"I think," said Mrs. Ballin, "that people do not attach sufficient importance to the influence which personal appearance has upon others, and although quite perfectly alive to the fact that when applying for a situation, or endeavouring to get on in society, they should be well and suitably dressed, they do not realize how much personal defects, which in themselves are remediable, may make or mar their career. A striking example of this is the case of a medical man, an M.D. of the London University, who came to me complaining that he was only able to get a practice in a poor part of Wales, because smart people would not employ a doctor, however well qualified, who had a large birthmark on his face. He had been, unsuccessfully, to all the best known skin specialists in London and Paris I fortunately succeeded in

Mrs. ADA S. BALLIN,
The well-known beauty specialist who gives an interesting account of her work.
Photo by the London Photo Co., Ltd.

ENTIRELY REMOVING THE BIRTH-MARK BY MEANS OF ELECTROLYSIS.

with the result that he has now bought a London practice and is doing well. In another case a schoolmaster, who had a mole on the tip of his nose, told me that the boys staring at this made him so nervous that he was almost unable to pursue his profession, and he left me feeling very happy at the removal of the obnoxious mark. In the case of women, of course, birthmarks and similar disfigurements are often a hindrance to marriage, and I have known many people afflicted in this way who, after I had cured them, made excellent marriages. This was particularly the case with three or four women who had been troubled with such pronounced beards that even if they had shaved they would have been afraid to let a man kiss them for fear of his finding it out, but who are now all happily married and rejoicing in the fact that science had found a means of curing so awful a disfigurement.

"Eyebrows which meet across the forehead are generally considered a sign of bad temper, and it is wonderful how much the expression of the face is improved, when, by the removal of the offending hairs, the eyebrows are trimmed to proper shape. But perhaps worst of all, as damaging to the reputation and preventing the possibility of getting good employment, is a

RED NOSE,

which is supposed to be so characteristic of the tippler, although the redness frequently arises from quite other causes. This trouble can usually be cured by attention to general health, and by the local use of suitable lotions, the most prominent of the red veins showing on the nose being removed by electrolysis. Curiously enough, the worst cases I have treated have been those of strict teetotallers, and I have

RECENTLY HAD AS A PATIENT A TEMPERANCE LECTURER

who told me that every time he was talking to drunkards he felt that they were inwardly convinced that he would go home and drink a dram quietly by himself. Another case was that of a lady, a prison visitor and total abstainer, who wrote to me after treatment, 'You can hardly understand the relief I feel, as I can now go about my duties without being afraid that those I am trying to convert are inwardly suspicious of my own character.' I had rather a funny experience as regards this trouble in the case of a gentleman whom I was treating for redness of the nose, and, in giving a dietary list, told him that he must not take sugar. 'That will be for me to set a bad example,' he said, 'for, as it happens, I am a West Indian sugar planter!'

"The fact that there are many who recognize that, although of no importance as regards general health, personal defects of the kind described are of great importance as regards personal happiness, is shown by my having patients come to me from parts of the world so far afield as South Africa, New Zealand, and the wilds of Canada. Much may be done to remedy even the most hideous defects, and where there are no such serious troubles, by giving time and attention to the care of the personal appearance, keeping the skin healthy, the hands white, and the nails well trimmed, every man and woman may do much to improve his or her chances both of business and social success."

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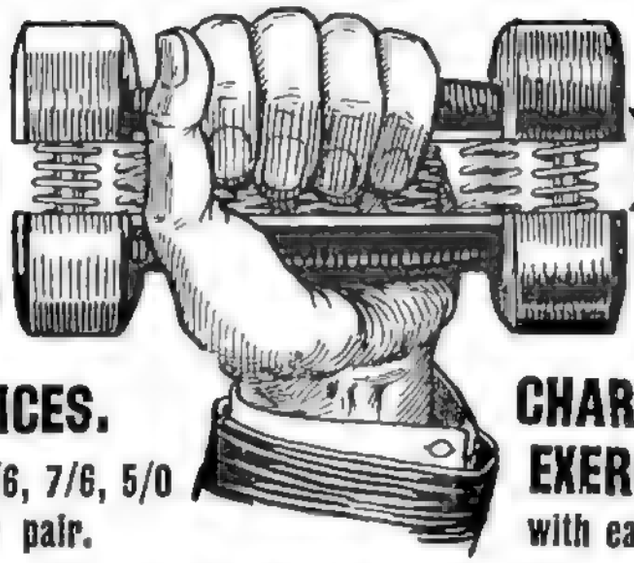

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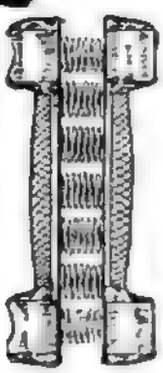

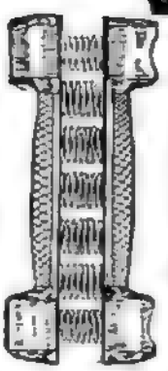

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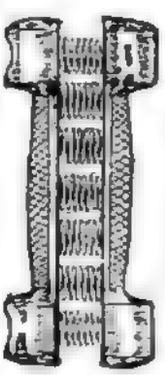
When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.



The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **ONE PAIR WILL SUFFICE HIM FOR ALL TIME.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"GRIP" DUMB-BELL,** upon the merits of which I need not enlarge.

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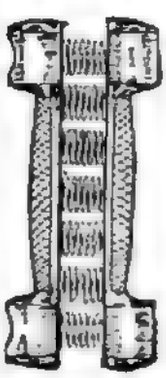
Yours faithfully,

EUGEN SANDOW.



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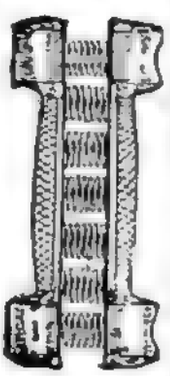

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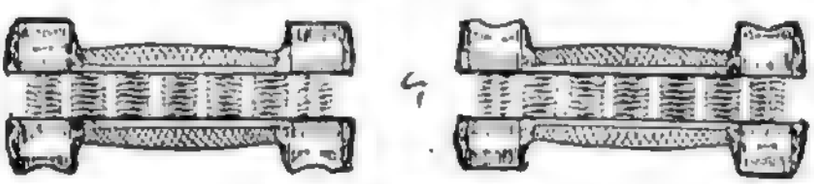

SALE AND EXCHANGE.

In response to the wishes expressed by many of my readers, I have opened a Sale and Exchange column, and venture to express the hope the same may be found of great service.

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No. 72. **Volume XII.**

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MONTHLY 6d.

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UP THE RIVER.
REGATTA DAY.

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BATH OF PSYCHE.

By

SIR FREDERICK LEIGHTON.

OF

PHYSICAL CULTURE, SPORT, AND FICTION.

VOL. XII. *JUNE*, 1904. No. 72.

The "Model Course" Condemned.

I HOPE I shall not be considered egotistical when I say with what delight I learn that, once more, the authorities who have the training of the younger generation under their care have discovered my contentions, so often expressed through these columns and elsewhere, are not mere idle chatter, but matters to be carefully weighed up. Of late they have been weighed up considerably, with the result that, no doubt, ere long we shall see some very radical changes in the training of the young, as carried out under the care of the educational authorities. This is the result of the careful deliberations of the Inter-Departmental Committee appointed to consider the model course of physical exercises in schools, as at present practised, whose work of the past few months has now been issued in the form of a Blue Book. Its form provides ample food for reflection, and, as I said before, bears out most forcibly many of my contentions as expressed by me when giving evidence before the recent Scottish Commission, and later in the exhaustive extracts and comments which I published as a supplement to this Magazine last year. In my remarks I insisted that school exercises should be placed on a scientific and physiological basis, that military exercises were not adaptable to children, that music was not an advisable adjunct to exercises, and that concentration on the movements was absolutely necessary, in order to bring about any definite and marked improvement. Further, the knowledge of how to breathe properly, and the regular use

of breathing exercises, I laid down as most essential, and I think without exception the whole of these recommendations are contained in the report of the selected Committee. It is not a little pleasing to find one's suggestions, with regard to music, for instance, carrying weight, when I believe I am right in saying, that before the Scottish Commission I was the only witness who did not advocate musical accompaniment to drill, and the members of that Commission, acting on the suggestions of the majority, recommended that music should be introduced. I pointed out that "music detracts from exercise, which should be the only thing thought of at the time being. Waving the arms about in an aimless fashion, even to music, is no good for the physique. The mind should be concentrated upon the muscles which are brought into play. With music the mind would be detracted, and the exercises would become mechanical, and for this reason, only slight, if any, results would be obtained." Thus I wrote last year, and, in spite of adverse criticism, it seems likely that my remarks have had the desired effect. In order to have the expressions with regard to the necessity of teachers having a knowledge of physiology and hygiene not neglected, I have always insisted that an instructor with some knowledge of this kind should be a most essential qualification, and also careful examination of pupils, as to their physical abilities, before placing them in any particular class for the purposes of exercise, which must be graded to suit the individual. Here, again, the Committee are in accord with my views, for they have framed their model syllabus on the basis that physical exercise is only a part of school and personal hygiene, and that all exercise must be conditional on the health of the children.

The Committee have been careful to exclude all exercises which are calculated to prove injurious to children of even weak physique. They have been careful, they point out, to exclude everything savouring of the purely ornamental. They are very strong on the point of the necessity of physical exercises being, not an adjunct to, but a part of the school lessons, and they urge the necessity for concentration in the exercises, and for the expending of will-power in the concentration, the attention to which should be just as great as in lessons on other subjects in the curriculum.

Regarding the teachers, the Committee are very strong on the point, especially in the case of rural schools, where they recommend the appointment of special qualified instructors to take groups of such schools in rotation, in order to give those schools whose teachers, for various causes, are unable to give instruction in physical exercise, the benefit of their experience. Nor do they think that the use of the special teachers need be confined to the class of cases more particularly referred to amongst the rural schools. They agree that physical exercises, for their proper conduct, require a range of knowledge and experience, the acquisition of which may be held to place too great a burden upon the teacher, who has multifarious other duties to discharge. Taking this into consideration, they recommend that local authorities should have at their disposal a certain number of teachers who have made a special study of the physical side of education, and to entrust them with the duties of organisation and supervision. This, as I have pointed out before, is most essential, and I should like to see some arrangements made whereby some such academy as already exists for other branches of education should be utilised for the purpose of imparting to prospective teachers a knowledge of physiology, hygiene, etc., and enable them to qualify themselves so as to be able to carry out their duties successfully in the great cause of national physical education. That some such college for instructing prospective instructors is necessary is obvious, and I may say here, that I have found it most essential and desirable that the instructors who impart my system should have been versed into the intricacies of the muscular and nervous system before

being allowed to take in charge those who desire to benefit from the results of my years of careful investigation. Probably never before, since six or seven years ago I commenced to publicly advocate the system of national physical culture, has my ideal appeared to be nearer realisation than at the present time. The recommendations of the Committee, which will, no doubt, be dealt with fully in another portion of the Magazine, I need not refer to at any greater length, but the pleasure which that Blue Book gave me in perusing was far deeper than I can express, for I saw into a definite and unending era of prosperity for this great Empire, brought about by giving the younger generation the necessary stamina to carry out their duties to their King and country.

It is pointed out by the Committee that, for their proper conduct, physical exercises require ample space, and, in addition to the playground, a hall or unoccupied class-room, where the systematic lessons might go on from week to week without interruption from the weather, would be necessary. This will, no doubt, cause some adverse criticism amongst the sticklers for the prevention of undue and excessive expenditure. The carping critic will probably say our schools cost enough already, so why should we spend more under the plea of additional accommodation. Such people as this have not the welfare of their children or their country at heart, and it is to be sincerely trusted that no such argument as this will be allowed to interfere with this great scheme for the nation's welfare.

The Committee wisely insist that the benefits to be obtained from physical exercises depend upon the regularity with which they are taken, and in a climate such as ours exercises in the playground must necessarily be suspended for weeks together. They go on to say that "apart from the weather there are other circumstances, which need not be referred to in detail, which render the regular conduct of physical exercises in the playground altogether out of the question in many schools. We therefore regard suitable accommodation, apart from the playground, as an indispensable part of the equipment of schools for the purpose of physical exercises."

I have not, at the time of writing, seen the code of exercises which it is proposed to issue. I take it that the words "there are other circumstances" go to show that the Committee have thought fit to include in that code a number of exercises which, as recommended by me, are performed upon the ground.

There is one other portion of the Blue Book to which I would like to refer before concluding these remarks, and that is that the Committee have marked their recommendations urgent, and I notice that they call upon the new local authorities to make their preparations as rapidly as possible, so that we may feel assured that the matter is not to be—like many others have before it—placed within the archives, never more to see the light of day.

My congratulations to Mr. J. Struthers, C.B., who was chairman of the Committee, and to his colleagues, many of whom I had the pleasure of meeting during the recent Scottish Commission. They have done their work well, and it now only remains for those upon whom the duties will devolve to go and do likewise.

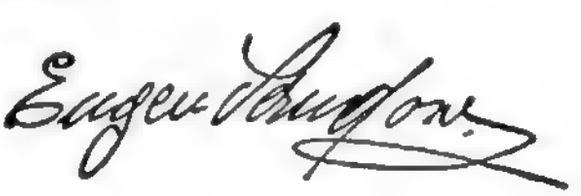


Photo., W. A. Mansell & Co.]

THE RICHES OF AUTUMN. (*Jordaens.*)

Physical Beauty in Art.

By C. LANG NEIL.

VI.

THE women standing in the crescent are all splendid specimens of humanity. The figure at the extreme right, half undraped, shows Leighton's ideal woman. The length of limb is perfect and the carriage of the body suggests dignity; the muscular development is, of course, not so marked as in the case of the men.

Mr. Williamson regrets the lack of passionate warmth in Leighton's pictures, but as he himself says: "Even in the figures which have the most studied grace, the most

wax-like complexions, there is such a serene beauty of line and such perfection of form that the critic is impressed, and is careful rather to praise than to object."

Leighton's "Dædalus and Icarus" is a splendid specimen of figure work. It is needless to give the story here as it is probably known to my readers. As father and son stand ready for the departure of the latter, the perfection of physical beauty is presented. Mr. Williamson says: "The figures are very noble and determined. . . . The whole work is in a very fine scheme of colour, and the figures stand out in magnificent proportions."

"Greek Girls Playing at Ball" is another one of Leighton's masterly figure studies. Here we have two female figures, both in very curious and strained positions. Yet in neither case can it be said that the position portrayed is untrue to life. In regard to the physical qualities of the figures, it is almost sufficient to say that they are Leighton's work to convey an idea of perfection.

In "Hercules Wrestling with Death for the Body of Alcestis," we have the last of Leighton's figure studies that I shall be able to touch on in this article.

I have picked out from Mr. Williamson's criticism of this work matter of interest to my readers.

"In the centre of the picture is the body arrayed for burial. . . . By the side is the gigantic form of Death . . . . confronted by the bearer of the lion's skin. These two figures have a certain passionate energy, which is as close to actual passion as Leighton was able at that time to approach. . . . The contrast of the cold, grey, repellent figure of Death, as it grapples with the ruddy, beautiful figure of Hercules . . . . forms one fine episode of the picture."

This is certainly one of Leighton's best efforts, and as a lesson in physical beauty will well repay earnest study.

The artists of the next period we have to study (1800-1850) will be found to afford us much food for reflection, as here we come upon the early careers of that wonderful band of brothers the "Pre-Raphaelites." It may be as well to give a brief explanation of the term Pre-Raphaelite, and to do so I cannot do better than quote Mr. Percy Bate's remarks, in his clever study of the "English Pre-Raphaelite Painters."

Speaking of Ford Madox Brown's admiration "of the heartfelt seriousness and high endeavours of the early masters," Mr. Bate says, "He it was who pointed out to Rossetti the charm that lies in their work . . . . one can imagine how such seed once sown flourished in the congenial soil of Rossetti's mind, already quickened with a contempt of the artistic cant of the day, when all men fancied they could be Leonardos or Raphaels, heedless whether they possessed or lacked Leonardo's stupendous genius or Raphael's mighty powers; the cant which implied that, by a mere routine study of classic tradition, painters could be turned from the schools to rival the greatest masters of the past—the pernicious idea, which existed rather as an accepted axiom than as an avowed doctrine, that art could be learned by rote, and painters equipped to produce masterpieces by the application of school precepts, whether they possessed souls to conceive and hands to compass, or whether they were as little cognisant of poetry, and truth, and beauty, as they were ill-equipped in matters of execution.

"Of course all art was not so debased at this time—it must not for a moment be forgotten that there were painters of noble aim and fine achievement; but these were the exceptions, and the average art of the exhibitions was commonplace in the extreme, based on the conventions of the schools and not on the verities of Nature."

Rossetti did not stand alone in his hatred of such a state of affairs. Young but sincere artists, such as William Holman Hunt and John Everet Williams joined him in his crusade against conventional methods, and thus was the Pre-Raphaelite brotherhood established.

I have explained this subject at some

length, as I do not wish it to be supposed that the Pre-Raphaelites in any way tried to discount the genius and work of the old masters; the absolute reverse of this was the true state of affairs. It will be seen from what I have quoted above, that Ford Madox Brown was a man of great influence, and it was really his desire for truth and accuracy, in preference to mere beauty of composition, that was the cause of the formation of the brotherhood.

Mr. Bate says of Madox Brown, "His feeling was that the systematic generalisation of the rules of art was utterly pernicious; that the contrary course of minute research into individual facts was imperative, and that, when painting a picture of incident, instead of thinking how the picture would compose best and look pretty, the artist should consider how the action probably took place in reality."

Madox Brown has not given to us many examples of great physical perfection. It would have been more in his style to paint in a blemish than remove it. He did not believe in idealising; with Mr. Gradgrind he believed in facts, hard facts.

We have, however, in some of the better known pictures of this artist some splendid representations of the physical beauty of men and women. I must mention particularly "Work," a picture that would have stamped Madox Brown as a genius, even had his brush never touched canvas again.

The frescoes, which decorate the interior of the Town Hall of Manchester, also contain some excellent human types, "The Romans building Mancunium" is especially notable in this respect.

Turning from the Pre-Raphaelite group for the minute, I wish to bring before my readers a name "familiar as household words." George Frederick Watts, R.A., is a name that will stand on the scroll of fame, certain to be never forgotten. He is, indeed, as Mr. C. T. Bateman, in his "Miniature Life of Watts," tells us, "one of the nation's greatest artists."

Mr. Bateman tells us that Watts considered the Elgin marbles were his teachers. "From the first he was profoundly impressed by their perfect forms. They became the standard by which he tried his own work, and from which his feeling for style and form were derived"

These marbles, indeed, are worthy to be the tutor of any master, for, if perfection is possible on this earth, they may be so considered.

The motto chosen by Mr. Watts leads us to expect great things, and I for one am not disappointed after a close study of his works. The motto referred to is "The utmost for the highest."

Turning to Mr. Bateman's invaluable little book, I find that Watts himself has said, "My intention has not been so much to paint pictures that will charm the eye, as to suggest great thoughts that will appeal to the imagination and the heart, and kindle all that is best and noblest in humanity."

"This," says my authority, "raises the question as to the limitations of art. . . . without uncertainty, Mr. Watts boldly says, 'Certainly art may be a teacher, though doubtless it has other functions.' And as further emphasizing the point may be quoted his letter to Mrs. Ady."

In this letter he says, "I even think that in the future, and in stronger hands than mine, art may yet speak, as great poetry itself, with the solemn and majestic ring in which the Hebrew prophets spoke to the Jews of old, demanding noble aspirations, condemning in the most trenchant manner prevalent vices, and warning in deep tones against lapses from morals and duties. There is something more to be done in this way I believe than has yet been done."

In setting a very high standard of physical perfection in men and women, Mr. Watts has certainly done much to sound a "warning in deep tones against lapses from morals and duties," for does not the question of the culture of the human body touch most morals and most duties. Certainly it touches

ZEUXES CHOOSES AS MODELS THE MOST BEAUTIFUL GIRLS IN CROTON. (*François A. Vincent.*)

Photo., Levy et fils.]

man's chief duty towards the generations that may follow on this earth of ours.

Those of my readers who have visited the Tate Gallery cannot have overlooked, or passed by hurriedly, Mr. Watts' three works known as the "Eve Triology." Their respective names are "And She shall be called Woman," "Eve Tempted," and "Eve Repentant."

Mr. Watts, in a prefatory note on the first of the three pictures, says, "Eve in the majesty of unconsciousness typifies what might be hoped for humanity, for every human soul has in the way of nature beheld true being."

No greater object lesson could be given to women than a few moments' gaze at the picture referred to, "And She shall be called Woman." It seems as though, having gazed on his magnificent handiwork, the creator paused to give a fitting name to the most beautiful of his works—then came the words which give a title to Mr. Watts' picture.

The "Eve Tempted" is a picture of Eve standing in "perfect loveliness," full of the joy of the living, as yet unconscious of the darkness of death in sin.

"Eve Repentant" is something more than beautiful. The agony of that previously perfect being is almost cruelly portrayed, affecting even the most callous "looker-on." The figures of our common parent in each of these picture is magnificent, and as types of noble womanhood, physically speaking, cannot be excelled.

Other figure studies by Mr. Watts are "Love and Life" (his favourite), "Love Triumphant," "Love and Death," "Psyche," "The Messenger"—but the list is far too long to give in detail here. Suffice it to say, that those pictures contained in the Tate Gallery by this eminent artist will well repay an afternoon's study.

"Notwithstanding the claim of the brush, Mr. Watts has done excellent work in sculpture," says Mr. Bateman. "The finest work of the kind will be his group representative of 'Physical Energy.' Upon this Mr. Watts has been engaged for the past twenty years, and when completed, he intends it for the Embankment.

"Seated on horseback, the rider curbs his restive animal, and, shading his eyes with one hand, peers into the future for the next heroic duty. Both horse and rider suggest boundless energy and consuming enthusiasm; and as by his canvases, so too by this noble group, the artist seeks to convey some great moral lesson."

I cannot spare more space to discuss Mr. Watts and his work; suffice it to say, that this great artist has earned a nation's thanks, both for the splendid work he has done, and the beautiful moral lessons he has unassumingly taught.

Before turning again to the Pre-Raphaelites, I should like to call the reader's attention to the work of Daniel Maclise, a native of Cork.

Maclise, following the rule of many another figure painter, first took lessons in anatomy. Having obtained a sound physiological knowledge of the human body, he then proceeded to his art work. This artist has left us some excellent specimens of figure painting, for in 1844 he was asked to contribute two panels in the scheme of decoration for the House of Commons.

The subjects chosen were "The Spirit of Chivalry" and the "Spirit of Justice." His "Meeting of Wellington and Blucher" and "The Death of Nelson" are too well known to need more than casual mention here.

It speaks well for the work of Maclise, that he was offered the Presidency of the Royal Academy, but refused the honour, as also he refused a knighthood.

From the point of view from which these articles are written, Maclise has his importance, and it will be found that his human types have a dignity and nobleness well up to the standard set by the more "popular" artists of the period.

The Pre-Raphaelites dwarfed everything in the artistic world during the first half of the nineteenth century; the storm their advent

THE MARTYRDOM OF S. HYPPOLITE. (*Pierre Subleyras.*)

Photo., Neurdein Freres.]

caused was so violent that everything else artistic was forgotten.

I now come to one of the most earnest of the Pre-Raphealite school—that eminent artist, W. Holman Hunt.

Hunt, the friend of Millais and Rossetti, was a very hard worker and a stubborn fighter. It was not until the third attempt that he was permitted to enter the Academy schools. Hunt's great power, especially in his early days, lay in his precision of touch. All his work, even in latter days, is stamped with this quality, a quality that may be truly called the essence of Pre-Raphaelitism.

Perhaps the best known of Holman Hunt's studies—excepting, of course, the "Light of the World"—is the "Hireling Shepherd." "This picture," says Mr. P. Bate, in a brief study of Holman Hunt's work, "is so characteristic that it may be taken as typical of Holman Hunt's technique, and of his constant endeavour to use art as a means of presenting a moral and spiritual thought. The artist shows a shepherd kneeling and talking to a girl, and leaving his sheep to stray to their ruin. She has a tame lamb in her lap . . . . she is feeding it with unripe apples, showing herself a type of those careless daughters who make unmotherly mothers and unwomanly women."

It is not within Mr. Percy Bate's province to speak of the physical qualities of the type of man and woman depicted on Mr. Hunt's canvas.

It must be admitted that, in spite of the female being an unwomanly woman, she is a remarkably fine specimen of her sex. There is breadth of shoulders, length of limb, and a certain gentle nobleness, even in the repose, that forbids our wondering at the hireling shepherd's stray from the path of duty. The shepherd himself is a fine specimen of manhood, with well-built arms and firmly set head; he indeed looks "worthy of his hire," in spite of the moment's relaxation Holman Hunt has portrayed.

Most of Holman Hunt's critics have never been perfectly satisfied with his work. Even Mr. George C. Williamson, in his Miniature Life of Hunt, finds fault with his masterpiece, "The Light of the World." As a physiological study, this great work does not interest us very much; in fact, very little of this artist's work will be found useful for my purpose.

Of course, there is one thing to be said, Holman Hunt was true to his ideals, and painted as he saw. He was a man, as I have said of Madox Brown, who would paint in a blemish, rather than leave it out for the sake of presenting a perfect human form.

An illustration of this is seen in Mr. Williamson's description of Hunt's "Valentine rescuing Sylvia from Proteus" ("Two Gentlemen of Verona"). Says my authority: "Ruskin expressed regret that the faces of Sylvia and Julia were not more lovely, and that Proteus had not a finer head."

Holman Hunt would never have beautified Sylvia's or Julia's face; he had his model before him, and simply worked from it. In this case then, we have to thank the model, not the artist for any dignity or physical beauty present in this picture.

Holman Hunt, however, had one redeeming grace, and that was that he truly believed every picture should convey a lesson to the world, should convey a moral lesson that all who gazed might read, and he did his best in all his work to carry into practice this belief of his.

So far I have endeavoured to show that in each age physical beauty has been the predominating feature in art. No matter what the movement has been, Pre-Raphaelite or what you will, the purity of physical perfection has triumphed. Rubens, Titian, Velasquez, Watts, Shields, Leighton, Millais, conjure up any name from the present or the past, and it will be found that every artist has endeavoured to show to the multitude that a human form can convey the greatest lesson it is possible to teach.

It is very interesting to note the number of different motions expressed by poses of the human form divine. From the figures depicted on the mighty canvases of the world

we can read of pain, sorrow, joy, or happiness. Marvellous as it may seem it is nevertheless true that many artists have been able to show intellectual beauty and have given to some of their creations a "look of knowledge."

We hear much talk on the subject of "Art for Art's sake." What this exactly means it is not easy for the ordinary mortal to understand. Does it mean that the artist is to stick close down to his palette and simply work out beautiful colour schemes and artistic blendings and combinations, forgetting all else but that he is a workman hard to please the eye. Is this Art for Art's sake? It is to be hoped not. Art—the painter's art—is not a mere question of creating good "optical" effects. The value of a picture is realised when its effect has got past the eye, so to speak, back into the brain, there to remain with its good or bad lesson.

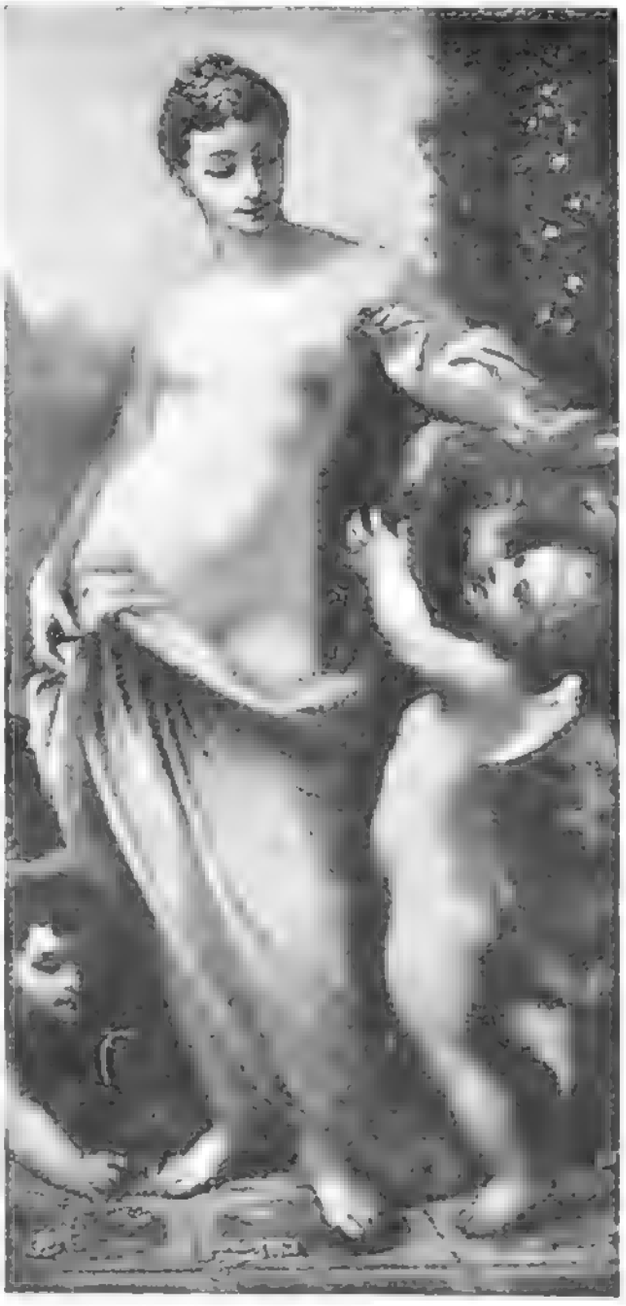


Photo., Neuerdein Freres.]
LA FÉE AUX PERLES. (*Diaz.*)

It fills one with sorrow to think of the number of people who "stand and gaze" before a great work, little caring, little knowing its great moral value. In a vision of the future some more or less great man has said that he would have all the streets of our cities adorned with works of great artists, so that even the poorest might have an opportunity of learning such lessons as only silent canvases can properly teach. I believe that a few moments' gaze at the perfect human forms created, say by Leighton, is likely to have a beneficial effect almost if not quite equal to that obtained by reading books.

The lesson, then, of the beauty of perfectness has been presented to us, and in such a manner, that the learning should not be very hard. Many may ask is the lesson worth even the little trouble involved in the learning; without hesitation one may return "yes" as the answer. Not only is it "worth while" to appreciate the morality of pictures, but from certain points of view it is a necessity. Nowadays people have, thanks to the enterprise and industry of such magazines as this, awoke to the fact that physical perfection is not only a thing to be desired but an absolute necessity to both men and women. It must be admitted that the perfection of future races depends to a great extent on the lives of the people of to-day. If we choose to set up a high physical standard now, it is feasible to suppose that the coming race, remaining true to the ideals of their forefathers will, if anything, raise that standard, certainly

Photo., Berlin Photographic Co.]
MERCURY AND PSYCHE. (*R. Begas.*)

it will be kept at the point where we have placed it. Let us then strive to be as physically perfect as it is possible for us to be, not, mind you, for the sake of personal vanity, but for the sake of the generations yet unborn. In this respect great artists of the world that even among the ancients the future was always—shall I say—an excuse for perfection. So should it be with us. Let us by striving after physical perfection give to the people of the future an example well worth following. If we, with

Photo., W. A. Mansell & Co.]

PERSEUS AND ANDROMEDA. (*Tiziano.*)

physical perfection must be considered as a means to an end, not the very end itself.

The men and women of the future, paradoxical as it may seem, have a claim upon us to-day. We have been shown by the Tennyson, "could so forecast the years," and for a moment obtain a glimpse of the race that, at present, we must consider "yet unborn," I think our reward would be the realising that our endeavours had been appreciated and counted noble.

THE END.

Public Men and Exercise.

THE *Daily News* has for some time past been a great advocate of physical culture, and that journal's latest innovation has been to discover the means adopted by various well-known people with the view to keeping themselves in a healthy condition. Four set questions were asked, viz. :—

"Have you found outdoor exercise to be necessary?"

"What is the particular pastime favoured by you?"

"What benefits have you personally derived from such pastime?" and

"What are the benefits likely to accrue to the community from the encouragement of athletics?"

Some of the replies are particularly interesting to physical culturists, and appended will be found a few extracts :—

"Sir Charles Dilke favours rowing, rapier fencing, riding, and sculling, and from a little pamphlet written by himself for private circulation, supplies the information that Mr. Gladstone was a great rider throughout most of his life, and that the same form of exercise is followed by the Chancellor of the Exchequer and the Under-Secretary of State for Foreign Affairs. Other leading Parliamentarians are enthusiastic golfers, and many, all-round athletes, who vary golf with cricket and cycling. Sir Charles has much to say of the old-fashioned games of twenty years ago, and he complains of the change in fashions, with which the old cannot keep pace. In the front rank of beneficial exercises Sir Charles has placed fencing."

"Mr. Frederic Harrison is essentially a mountaineer, and from his youth has climbed hills, glaciers, and moors, with enthusiasm. But he most strongly advocates walking, and insists on the absolute necessity of three or four hours' daily in the open air. He upholds football, tennis, rowing, and skating, but regards hunting, fishing, and shooting, as quite useless. Mr. Harrison says that regular daily exercise—not competitive or record-breaking—is the *sine quâ non* of a sound constitution and a happy life."

"Sir Richard Tangye is another strong advocate of walking exercise. He says:—'As to the benefits derived from this kind of exercise, I have always found my thoughts to come much more freely while walking; the blood is kept well in circulation, and many a time I have solved problems while walking that perplexed me while sitting at home.'"

"Dr. Gordon Stables, as is well known, is a walker, cyclist, swimmer, gardener, and follower of all kinds of outdoor exercise. He thinks, however, that the dwellers in towns will never be benefited by athletics, for they are too much afraid of fresh air and open windows to allow exercise an opportunity of improving their physique."

"Mr. F. G. Aflalo points out, as has been often pointed out in this Magazine, that the nation's physique is not improved by mere looking-on at athletic exercises, and that no real benefit will accrue from athletics till more of the noble army of bystanders have gone over to the ranks of the athletes."

"Dr. Macnamara, M.P., is an ardent golfer, and an advocate of compulsory physical training for young men, and Dr. J. L. Paton, of Manchester, replying to the fourth question from the point of view of a schoolmaster, says:—'A boy learns in sport unconsciously—as the best things are always learned—pluck, concentration, quickness, alertness, the joy of working with others in effort for his school instead of for himself, which is the only right form af ambition.'"

"The Rev. H. Russell Wakefield agrees with Mr. Aflalo that there is too much looking-on and too little athleticism. He does not like the hiring of members for cricket and football teams, who are not natives of the district played for, and 'would prefer to see each locality choosing only and nursing its

own most promising material.' Mr. Wakefield is another of those who advocate walking as the most beneficial exercise it is possible for one to indulge in, and he would wish to promote the building of gymnasia, fives courts, racquet courts, etc., in London. He thinks that while it is necessary to build houses for the people, it is also good to provide spaces for their exercise and games, and remarks what a fine work the London Playing Fields Association is doing in this respect."

"Mr. F. Carruthers Gould is another regular walker, and never rides in London when he can possibly walk; he has no particular physical recreation, and does not agree with too violent exercise for brain-workers. With respect to question 4, he answers:—'Great benefits have, in my opinion, already accrued to the classes which have had opportunities for athletics in the shape of improved physical development of both sexes. The encouragement of athletics, it seems to me, should be spread rather than increased. What is wanted is to get hold of the children of the poorer classes and to develop, if possible, their physique.'"

"Sir Evelyn Wood is an energetic supporter of physical exercise, which he considers invaluable as a remedy for the evil of 'brain-fag.' As an old soldier, Sir Evelyn thinks that the introduction of systematic athletics into the army has done incalculable good."

"The Headmaster of Dulwich College, Mr. A. H. Gilkes, is strongly of opinion that out-door exercise is most necessary to the community."

"Mr. Sydney Buxton, M.P., mentions fishing as his own particular sport, and regards physical recreation as very necessary for everyone, having derived great benefit from it himself."

"Yet another ardent pedestrian is Mr. Henry Broadhurst, M.P., who speaks with great enthusiasm of what is one of the best of exercises."

"Sir Howard Vincent's exercise is taken on horseback, and he considers that such exercise while promoting 'a healthy mind in a healthy body,' encourages true British patriotism, and should be indulged in if only for that reason."

"Mr. T. Leach Lewis, J.P., the Principal of Margate College, while strongly advocating the adoption of cricket, hockey, swimming, etc., tells the following anecdote as an illustration of his words:—'When Mayor of this town for the second time, in the course of an interview with the late Archbishop Benson, I pointed out to him that I had spent £1,000 on a gymnasium, which was situate under the college chapel. Casting his eyes at the gymnasium, he raised them to the chapel, and said: "Mr. Mayor, I am glad to observe you have a regard for the bodies of your pupils as well as their souls." "Yes, your Grace," I replied; "as a schoolmaster for over a quarter of a century, I have found, if one wants a good soul one must cultivate a healthy body." Dr. Benson replied, with unmistakable emphasis, "Quite right, Mr. Mayor!"—twice repeated.'"

The many readers of the *Daily News* have not been behindhand in expressing their appreciation of that paper's efforts to further the cause of physical culture, and one, in referring to the published opinions of so many eminent men, quotes from Mr. Morley's "Life of Gladstone," extracts from the diary of the great statesman, containing mention of long and exhausting walks undertaken by him without the least fatigue, when he was past the age of sixty-four, and another, speaking of physical exercises, says:—

"Walking—judicious walking, not the latest fanatical craze that kills—must naturally occupy first place, both on account of the stimulus given to the voluntary and sympathetic nervous system and its specific effects on the lungs, whereby that organ is enabled to supply the mechanism with pure oxygenated blood, truly the primary medium of life."

The Stage Physical.

By F. NEVILLE PIGGOTT.

SOME MORE OPINIONS.

I CANNOT do better than enter upon the last of this series with the opinion of—

Sir Charles Wyndham,

who, writing from the New Theatre, expresses himself as a strong supporter of anything which would tend to improve the physical standard of the actor generally. Unfortunately, Sir Charles, who as everyone knows is a man with many claims upon his time, was unable to grant an interview, for I feel sure that had it been possible, he could have given some expressions of opinion, as the result of his wide experience, which would have proved most valuable to his brother and sister artistes.

It has fallen to the lot of few members of the profession to have travelled so extensively, in pursuit of their calling, as

Mr. Frederick Kerr.

Quite recently he was delighting English audiences at the Criterion Theatre, and now we find him thousands of miles away taking part in a most successful tour in South Africa. Mr. Kerr has also had extensive experience of Australia and new Zealand, and has therefore had exceedingly great facilities for estimating the value of physical exercises for the actor and actress. Unlike some, however, Mr. Kerr is not so emphatic on the question of the necessity of a sound physique to make a successful actor or actress. He is, no doubt, bearing in mind the fact that some who have figured high in the Thespian world have lacked that power of physique which all of us look upon so much as a blessing. If that be the case, I would venture to suggest to Mr. Kerr that he should look a little further ahead than the immediate zenith of a man's power; he should consider how long that power remains. A man of weak physique cannot possibly undergo the great strain of personification for any extended length of time, and when the artiste eventually breaks down under the enormous strain, wherein lies the advantage of the gain of notoriety and wealth. Mr. Kerr, however, qualifies his statement as to this by saying that, obviously, sound physical qualities are advisable, so that, after all, he is one with us in advocating the encouragement of physical culture amongst members of the profession. He expresses the opinion, which would appear to be a pretty general one, taking the average of the large number of answers sent in, that at the present time the physical condition of members of the profession generally is rather above than below the average. But he still thinks that some improvement is necessary, and he is a keen advocate of the adoption of systematic exercises in moderation, which I need hardly point out is the very essence of physical culture, combined with regular habits and careful diet. Mr. Kerr, who has a most commanding presence, and looks every inch an athlete, is very fond of outdoor exercises, and numbers amongst his recreations cycling, golf, riding, &c.

Mr. Clarence Blackistone, if I mistake not, received his early training for the profession with that keen supporter

MR. FREDK. KERR.

of physical culture, and everything appertaining to athletics, Mr. F. R. Benson. I mention this in order to prepare my readers for the forcible remarks which Mr. Blackistone gave, in answer to the queries of Mr. Sandow. It is interesting to note that he, in common with many another actor of the present day, finds that he has derived great benefit from the use of the Sandow apparatus of exercises. Indeed, it is a pleasing fact to record that a very large number of members of the profession who have responded to Mr. Sandow's invitation to give some expressions of opinion have, unknown to him, been keen advocates of his scheme of physical culture. Mr. Blackistone would appear to be a most conscientious and ardent worker, for he says that, first thing in the morning he has his usual spell of exercises with the apparatus, and spends his spare time during the day in riding and walking, as an additional means of development; but if the weather be dirty, he resorts once more to his Sandow exerciser, in preference to going out. As with Mr. Kerr, Mr. Blackistone points out the fact that many great artistes are by no means in possession of sound physical qualities, and my remarks in the foregoing paragraphs apply equally here. "But," continues Mr. Blackistone, "of course, it is an actor's greatest blessing to have good health." He considers that the present day actor is, as a rule, generally in fair condition. He points out that those who go in for systematic exercise, of course, have a great advantage, and are nearly always in good condition. Mr. Blackistone advises all members of the profession to adopt systematic exercise, but to take great care that they do not overdo it, as the voice is so important, and one has to be careful not to tire oneself before working at night.

The proviso as to the necessity of sound physique is missing from the replies sent

MR. CLARENCE BLACKISTONE.

by that well-known and popular comedian,

MR. ARTHUR WILLIAMS,

who is terse, but at the same time very emphatic. He considers that a good physique is most necessary for an actor or actress, and although he thinks that physically there has been a big improvement amongst members of the profession generally since the early sixties, still he is of opinion that some improvement is necessary, and is in accord with most other members of the profession that have been pointing out that such improvement can be brought about by the

MR. ARTHUR WILLIAMS.

adoption of systematic exercises. Mr. Williams finds that, as a recreative exercise, cycling meets with his requirements, but he also favours the use of dumb-bells, &c., in order to improve the muscular development.

A most pleasing communication was received from

MR. AMBROSE MANNING,

who has for so many years supported Mr. Wilson Barrett, in which he admits the soft impeachment which is so common amongst members of the profession, that he is muscularly out of condition, with muscles flabby, and fat forming far too fast, but it was exceedingly hopeful to find that Mr. Manning had determined to make an effort to obviate this by adopting a course of physical culture, to set an example to his brother and sister artistes similar to that which Mr. Sandow advocates.

Taking the old adage that the looker on sees most of the game and knowing that those who, having the management of theatres under their care, are able by observation to note the phases of professional life perhaps better than those who are actually engaged in it, Mr. Sandow approached a number of provincial managers, and many replies were received of an interesting character. Space prevents my reproducing to any length all the replies to hand, but as the majority are unanimous in their expressions, a few examples will suffice :—

Mr. W. B. Redfern, J.P., D.L., who holds the reins of management of the handsome new theatre at Cambridge, is a keen believer in the value of systematic exercise, and considers that without sound physical qualities there is a lack of life and energy in the portrayal of a character, and from his observation he considers, owing, no doubt, to the fact that such a large number of actors and actresses now go in for outdoor exercise, the physical standard is very fair, but that there is room for improvement, which could no doubt be brought about by the adoption of systematic exercise.

Mr. Redfern, although he admits having turned 60, says that he feels generally 30 years younger, and attributes this to the fact that he has lived much in the open air, and is still a keen walker and fond of shooting. Another point which, no doubt, has a lot to do with his sound physical condition is the fact that, having been brought up in the Highlands, he is a firm believer in porridge as a staple item of diet.

Sir Arthur Jefferson, so well known in the

North of England, where he rules the destinies of several theatres and companies, says that he is a staunch believer in and advocate of the Sandow system, which he has practised with good effect, and recommends to all actors and actresses as a means for improving their physique, remarks which are endorsed by, amongst others, Mr. F. Graham Macdona, who spends the few moments that he can spare whilst managing the Theatre Royal, Colchester, in walking, fishing, cricket, cycling, shooting, &c., &c.

These are but a few of many similar communications received by Mr. Sandow, which go to prove conclusively that whilst the standard of physique in the profession at the present time is considered to be higher than it was in the old days, there is still plenty of room for improvement. The general census of opinion appears to be in favour of physical culture for the actor and actress, and it is to be sincerely hoped that the remarks which have fallen from the lips of so many prominent members of the profession will have the desired effect of inducing those who have not yet attained that prominent position which all would desire, but only a few can attain, to at least make some endeavour to improve their physical condition, and thus enable them to get the best out of themselves, so that they may at least have the satisfaction of knowing that they have done their utmost towards gaining those higher rungs of the ladder of fame.

"D'ESPAGNE, THE STRONG MAN." (*From Froissart.*)

Juvenile Smoking.

By EUGEN SANDOW.

I HAVE received from Leeds an interesting letter, directing my attention to the fact that a branch of the International Anti-Cigarette League is about to be formed in that city. At the same time the writer asks me for my opinion on the evils of juvenile smoking. That I am thoroughly in accord with the objects of this society I need hardly point out, for the proofs of the ill-effects and dangers of youths indulging in the habit of cigarette smoking, and cheap trash especially, cannot be over estimated. As most of my readers are aware, I do not find it necessary for me to abstain entirely from the enjoyment of the fragrant weed, but I do insist most emphatically that until one is at least approaching an age when the body is in a proper condition to throw off any ill-effects, smoking should not be indulged in. In the February number of the Magazine I laid great stress on this fact in my article on deterioration. In calling attention to the remarks of Dr. Robert Farquharson, the member for West Aberdeenshire, who gave as the two chief causes of physical deterioration, the habit of juvenile smoking and improper feeding, I pointed out that a prominent manufacturer had informed me that cheap packets of cigarettes provided one of their best sources of income, and it is a well-known fact that these cheap cigarettes are in the youth's eyes his mascot, and it is undoubtedly this smoking cheap cigarettes which in the young has such a baneful effect, and to which may be attributed many of the formidable symptoms ascribed to it by Professor Cash, of Aberdeen. It is therefore to be heartily encouraged, this Anti-Cigarette League, and although there is at present only one branch, viz., at Birmingham, it is to be hoped that ere long centres will be formed throughout the country. The one at Birmingham, I am informed, although only started at the beginning of this year, already numbers over 600 members. A very excellent treatise on this subject of cigarette-smoking, and its relation to physical deterioration, appeared recently in the *Daily Telegraph*, and I may be forgiven for quoting it, inasmuch as it exactly meets with my views. As will be seen, it gives the opinion of the Rev. Alfred Jephson, who has ample opportunities of seeing the evil effects of juvenile smoking. My contemporary says :—

"Seven a penny, and a neat little covering packet thrown in! That is the figure at which cigarettes are to be bought to-day, and the sharp London nipper knows it. His imitative faculty is keen, and as the price is not beyond the purchasing power of a combine, represented by himself and his fellow-urchins, he is enabled to pour nicotine into his system from a very early age. The practice of juvenile smoking has, indeed, developed to such a degree that educationists and medical men are beginning to get alarmed. The surroundings of London children are not wholly favourable at the best, and, given an early indulgence in the cigarette, the schoolmaster declares that the under-sized and pasty-faced boy becomes a still more threatening type of physical deterioration.

"As a remedy it has been suggested that we should follow the plan favoured in many of the American States, and pass a law prohibiting juvenile smoking. The Rev. Alfred Jephson, vicar of St. John's, Walworth Road, who is about to present to the London School Board or its successors an elaborate report on elementary education in the United States, states that during his recent visit to that country he found anti-smoking legislation in widespread operation. 'Nearly all the States,' he said, 'have got their own law on

the subject. In some cases the sale of cigarettes is absolutely prohibited. In others there is an age limit, and it is illegal to sell them to children under fifteen or sixteen, and, in one case, eighteen years of age. Take New York. In that city a child under sixteen must neither buy cigarettes nor smoke them, and I noticed that one did not see there those anæmic specimens of juvenility that we are so familiar with in London. I think New York affords a good illustration of what can be done by legislation, because in many respects the conditions of life are similar to those obtaining in London.'

"Two practical steps have lately been taken by the London School Board to grapple with the mischief. Mr. Jephson outlined them. 'There is a committee which is now inquiring into the subject of physical deterioration—a Departmental Committee of the Home Office, I think. The School Board for London wrote to this committee, drawing attention to the question of cigarette smoking by children, and asking whether it could see its way to extend its inquiry to that branch of the subject. The committee has replied that it intends to do so. Consequently it will probably take the opinions of some of the most experienced medical officers of health, and of others qualified to speak on the point. Of course, if such a committee should pronounce against the practice of juvenile smoking, it would form a strong basis for legislative action. Then the School Board has also instructed its medical officer to draw up a leaflet, containing, in simple and non-technical phraseology, an exact, but not an exaggerated account of the evils of juvenile smoking. That leaflet will be given to all head teachers for distribution among the children attending the Board Schools. I have not the slightest doubt, either, that the new education authority will also distribute it in the Voluntary schools, so that the whole of the children—and their parents as well, it is to be hoped—will get this knowledge placed in their hands.'

"A striking piece of evidence, the result of his experience in Walworth, was forthcoming from Mr. Jephson. 'This church here,' he said, pointing to St. John's, 'is celebrated for the number of marriages which take place within its walls. They are nearly all marriages of people of the working classes. At these working-class weddings it has almost become a commonplace for the women to be far finer specimens than the men. Large numbers of them are married at the age of twenty or twenty-one. The man is often narrow-chested, pale, and with that sharp look which young Londoners get. The woman, on the other hand, is usually fresh-coloured and well developed. Presumably they are brought up under the same surroundings. But the man has smoked and expectorated from his boyhood, and the woman has not'

"That opinion is ripening in favour of legislation to save mere lads from the injurious effects of 'seven a penny' can scarcely be questioned. But cigarette smoking on the part of juveniles is a symptom rather than a disease. No child is born with a taste for tobacco. Boys, however, will be boys, as the old saw has it, and cigarette-puffing is a form of amusement not the less delightful because it may have to be furtively indulged in. In the view of many people—and Mr. Jephson would probably agree with them—the habit is rightly to be interpreted as a protest against the dull monotony of metropolitan child life than as proof positive of original sin. Therefore the remedy to go hand in hand with any law seems to be the Irishman's remedy—the creation of a diversion. Young London must have its 'fling' in some shape or other. Ample playgrounds and inducements to recreation, boys' clubs, boys' brigades, healthy and cheerful homes— these are forces which are undoubtedly deadly enemies to the deadly cigarette.'

May the International Anti-Cigarette League go on and prosper in its good work, which is but one branch of that great aim which we all have at heart—the improvement of the national physique.

Whale Island Gunnery School.

By ERNEST RICHARDS.

THE history of Whale Island is unique in the annals of naval architecture, if the term architecture be not in this connection a misnomer, since the laying of the "keel" of this foremost school of naval gunnery may be traced to accident rather than design, to the pressure of circumstances rather than premeditation, and to the combined handiwork of both nature and man.

All branches of the public service are noted for their love of the traditional groove, and the Navy, considering its glorious records, may well be pardoned if it looks back with pride at the wooden walls "which made old England's fame," and he would be a carping, unsympathetic critic indeed if his judgment were not tempered with charity when reviewing the love which is evidenced by naval officers and men for old institutions and old ships. And yet, strange as it may appear in the light of the above statements, no branch of the service has made such a radical change or acted so contrary to the letter and spirit of its traditions as the first line of defence did when it transferred the Portsmouth Gunnery School from H.M.S. "Excellent," an old wooden hulk, to the present quarters on Whale Island, which now enjoys the double title of Whale Island and H.M.S. "Excellent," for the men attached to the gunnery school are really entered on the lists as belonging to H.M.S. "Excellent," and the "Excellent" is the name given to the little gunboat tender which flies the pennant of Captain Percy Scott, R.N., of Ladysmith fame.

The development of the Island is in itself interesting, and a brief synopsis of its history will serve to prove my first statement, that it was accident rather than design which led to its present position on the establishment.

Several years since, on account of the increasing size of battleships, the authorities were compelled to enlarge the dock and basin accommodation at Portsmouth, and in order to carry on this work a number of convicts were employed. At first some difficulty was experienced with reference to disposing of the *débris* dug from the excavations, but a solution was found by dumping it on the piece of land which showed in the harbour, above high water, like a whale's back—hence the name. A large portion of the *débris* was clay, and in time this solidified and formed, with the natural soil, a good foundation.

In order to carry on the work during all states of the tide, planks were laid from the mainland, and by degrees the Island grew to its present dimensions.

Simultaneously with the development and increasing size of battleships, the size and range of all classes of guns and rifles increased, with the logical sequence that the old "Excellent" and "Calcutta"—two ships under one name, bridged together like Siamese twins—no longer afforded the necessary room for rifle target practice. Jack, therefore, was compelled to seek a place affording these facilities, and he found a suitable provision quite handy in the rapidly growing Whale Island.

Still keeping his weather-eye lifting, as it grew, the handy man found in its increasing dimensions a solution to many of his growing difficulties connected with target practice

and gun drill, and a trip ashore from the "Excellent" to the whale back became a matter of daily occurrence.

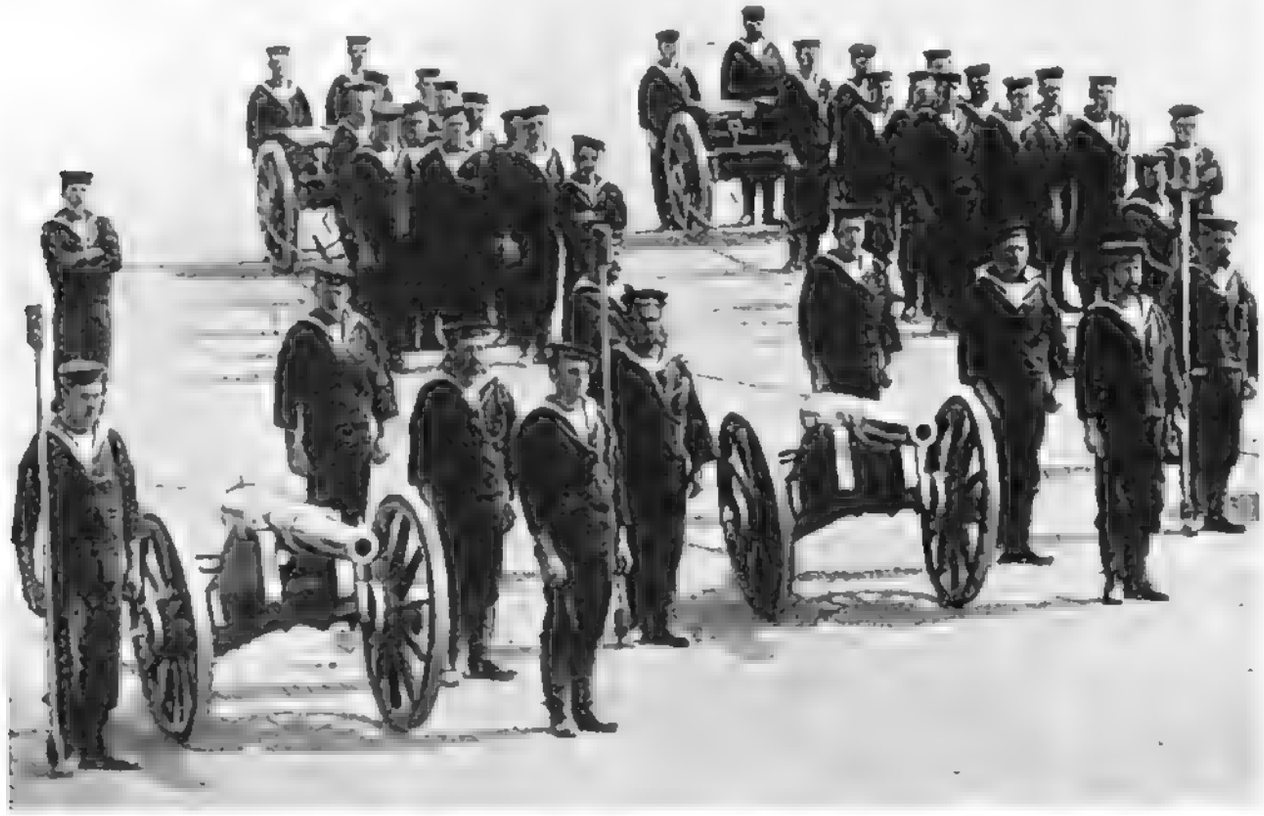
But whether afloat or ashore, it is necessary for a man to eat, and hence a small mess room was built for the accommodation of firing parties, then followed a small store room, and eventually a house was built for the accommodation of the officer sent there to maintain discipline.

It must be noted here that the Government did not provide any of the materials for these erections, but, acting according to the time-honoured custom that all is fish which comes to the net, Jack picked up the stray flotsam and jetsam in the dockyard, and many "bits" of gear that could not honestly be included in that wide and somewhat vague category, and so added to the house, as opportunity afforded, until a comfortable and inviting residence was completed, and came to be known as "The House that Jack Built."

Very soon after the completion of the house, a parade ground was added by the sailors, then more sheds grew up in the same promiscuous, but withal substantial, manner which characterised the previous buildings. Following these erections crews were landed for field gun drill as well as rifle practices.

The Government about this time awoke to the possibilities which abounded in Whale Island, and finding, after careful examination, that the loose earth had settled into hard soil, held together in a very substantial manner by the clay deposits, they gave orders for a number of buildings suitable for residences, armouries and stores to be erected, and thus the chief features of the first naval gunnery school in the world, which provides accommodation for over a thousand men, were erected.

Notwithstanding much prejudice, the wooden hulks were then abandoned, and the whole of the Portsmouth division undergoing a gunnery course transferred to Whale Island, which was and is still, anomalous as it may



FIELD BATTERY—WHALE ISLAND.

seem to the landsmen, H.M.S. "Excellent," though in this article we shall refer to it under the popular title of Whale Island.

Such then is the brief history of Whale Island. Before proceeding to describe the day's routine, I may mention a few general facts and incidents.

In the old days of the "square rigged" navy, seamanship and sailorising formed a very important part of a man's training, and an expert seaman was equally as important, if not more so, as an expert gunner, but in latter days, when armour plates and heavy ordnance and steam-engines constitute such an important feature of a war-ship, the man behind the gun is the individual who will "wipe something off the slate" in a naval battle, and hence, though a boy receives instruction in gunnery all along the line till he becomes a fully-fledged A.B., yet in order to qualify as a seaman gunner, he must needs go through a severe and arduous course—at Whale Island or other gunnery school—and pass a very exacting test before he is entitled, in the language of Jack, to put up his badges. Not only do the men receive their training here, but the officers and various ratings, and, in fact, all and sundry attached to the Portsmouth Division undergo a thorough course of instruction in gunnery at Whale Island during some portion of their time. Even efficients repair at seasons in order to get a polish in an art that is, from its very nature, in a constant but gradual process of evolution, and subject to periodic revolutionary changes. In this connection I may mention the fact that the training of the officers and men has, from a technical standpoint, during the past six months undergone a complete change.

THE BATTERY—WHALE ISLAND.

A brief recital of the day's routine will give a fair impression of life at the school.

At 6 a.m. all hands are piped, beds made up, hammocks stowed, and then the divisions for duty fall in—the men having previously partaken of a hasty breakfast. In the interval between 6 and 8.45 a.m., clearing up is the order of the day, though some parties are already at drill in the parade ground.

It is not until 8.45, however, after a proper breakfast, that the work of the day commences in real earnest. At this time the divisions fall in and are inspected for cleanliness, correctness of uniform and for prayers. Then the buglers, with shrill blast, blow the notes for instructions. Immediately the last note has pealed forth, the men double away under the care of their officers

and instructors to their respective parade grounds.

At 10.30 a brief respite is given, which is technically known as "stand easy," then in the middle of the day comes dinner. But this occasions but a temporary break, for at 1 o'clock the divisions again fall in and drill or listen to lectures on the various branches of gunnery and small arms till seven bells—3.30 p.m.

At this stage the cleaning of the guns occupies the men for the next ten minutes, and then the men march back to quarters and are dismissed. At 3.45 the "liberty men clean," and at 4 o'clock the watch, or as many as desire, go ashore, for the blue jacket refers to his liberty as going ashore, though he may only have to walk over a bridge into the town. Communication is also maintained with the various parts of the harbour by means of boats.

It must not be understood, however, that life on the island is a dull routine, for the fifty days' training on Whale Island is punctuated with much variety, both during the week and at regular and irregular intervals. In the first place there are the various classes of gunnery and drill in which a man must make himself proficient before he can qualify for an efficient in the class or rating he wishes to attain. The training in gunnery alone includes machine and quick-firing guns of various patterns, barbette and turrett guns, and battery guns, from a 4.7 to the monster 100 ton gun, besides the field gun batteries which have made the naval brigade so justly famous. In addition to this there is the small arms practice, including rifle, pistol and cutlass drill. Then at certain intervals the man proceeds to sea in the tender—a small gunboat—in order to practise firing at targets with actual shot and shell, for

PHYSICAL DRILL.

the real point aimed at is that he shall be a good marksman.

It may be reasonably asked, however, how a man can become proficient in training and accurately aiming with a ship's gun, which will be more or less in motion, when he receives most of his real training at Whale Island, for but a small minimum of his time during the course is spent in the tender. This question has a double answer. First, a blue jacket is constantly in training and receiving instruction when on a sea cruise in a commissioned ship, and secondly, Whale Island is provided with a moving battery which imitates more or less correctly the motions of a vessel under way in various kinds of weather, and this latter statement answers the question for the purpose of this article, for it is highly important that a man should receive such instructions as he does on Whale Island (portions of which can never be adequately imparted under the conditions which obtain in a commissioned ship, though it is really ship's gunnery)—under circumstances which approximate very nearly to those which obtain at sea.

This moving battery, which approximates very nearly to a ship under way, is provided with every class of gun, from the small quick firer to a 9.2, and the mechanism gives it a pitching rolling and forward motion very similar to a ship, and the gunner also aims at a moving target.

In these various instructions, drills and evolutions, the week passes until Friday, which is a battalion day, and in the afternoon the whole crew muster at general quarters in the battery, whilst Saturday afternoon sees a little variety in the way of cleaning.

(1) NAVAL BRIGADE HOISTING A FIELD GUN OVER WALL.
Display given before King Edward at Whale Island.

It would require more space than the Editor would care to allow, and more patience than the general reader would care to exercise, even to dip into the various and numerous technical aspects of gunnery in this connection, not to mention details. In fact it is difficult to compress the matters of general interest into the space of a single article. I

will therefore confine myself to mentioning a few leading features.

During the progress of training, the men who show a real aptitude for gunnery are singled out by the officers and instructors for the purpose of receiving a second or third course, and thus the process of selection goes on in the various grades, from A.B. trained man, seaman gunner, until the climax, for this purpose, is reached in a full fledged gunnery instructor.

The idea must not be entertained for a moment that among the various features, physical drill is overlooked, but one regrets to state in this connection that though there is a decided improvement in later years as compared to former times, yet, unfortunately, the authorities still adhere to the system of physical drill rather than a thorough systematic method of physical culture, which is quite different to the mere drilling of a number of men and boys through similar and fatiguing exercises, notwithstanding that they represent a variety of constitutional grades and degrees of physical fitness.

In fact the physical drill, which the authorities mistake for physical culture, is the only portion of a man's training that lends itself to legitimate and reasonable criticism. Instead of the men being dealt with individually and placed in classes according to their constitutional fitness, they are rather selected for their ability (or inability according to the section they are deputed to join) to perform certain evolutions of a display character, and graded into classes accordingly. If the man is constitutionally very strong, he probably develops his muscles and suffers little as a consequence, but if he is by comparison weak, he likewise develops his muscles, but more probably than not at the expense of his heart or other vital organ.

(2) REMOUNTING THE GUN ON THE OTHER SIDE.

The gymnastic instructors are recruited in the same manner; ability to perform acrobatic feats is more important than a knowledge of physical culture properly so called.

It happens in this connection, as it sometimes does in others, that Jack is wiser than his master, and in his hours of recreation (I may be pardoned for referring to it here), he prefers Sandow's developer and Sandow's

methods to the indiscriminate system of gymnastic training noted above. Almost every room is replete with several of Sandow's apparatus.

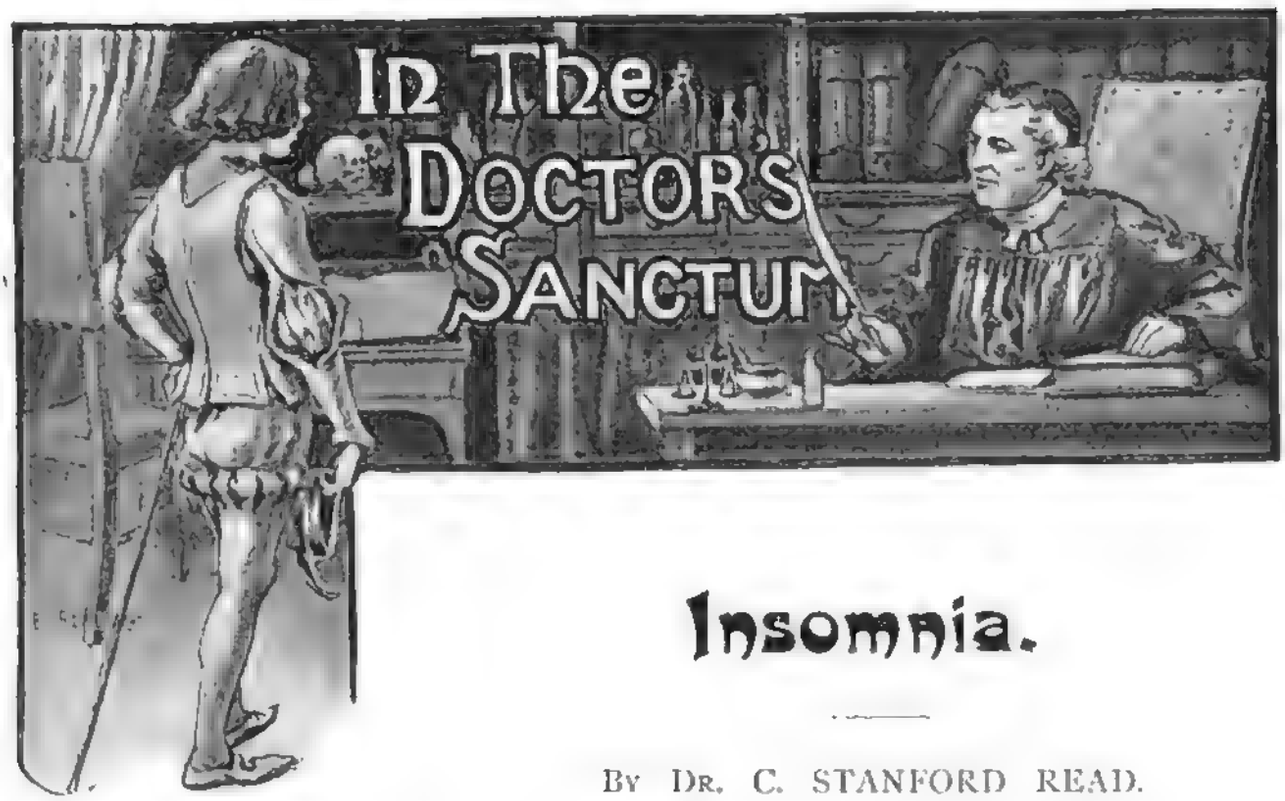
It will be seen by the above that life on the island is full of variety, and yet I have refrained from mentioning the cricket and football fields, the croquet and tennis lawns, bowling alleys, and numerous other provisions for the benefit of the "watch below."

FIELD BATTERY —UNLIMBERING GUNS.

In addition to the drill instruction, sea practice in the tender, and the various means of recreation, life on the island is occasionally varied by the visit of important personages, and distinguished royal visitors. Very recently the King and Prince of Wales paid Whale Island a visit. The photos, Nos. 1 and 2 illustrate an incident witnessed by the King himself. They depict the naval brigades' method of hoisting a field gun over a wall or similar obstruction, and remounting it on the other side. In actual service it is supposed, of course, there would be no means of getting round the obstructions.

Referring to the Whale Island gunnery training and its connection with actual warfare, it is quite opportune to note, in connection with the war in the far East—the topical subject of the moment, that many of the officers and men in the Japanese navy, now forming the crews of the ships in the line of battle, or in blockading squadrons, have picked up many wrinkles in the art of naval gunnery, on Whale Island.

THE GUNS UNLIMBERED.



Insomnia.

By Dr. C. STANFORD READ.

TO suffer from sleeplessness is to lose one great means by which we regenerate our bodily energy. Those hours of unconsciousness, which for a time at least bring us freedom from the cares and worries of this life, are appreciated at their true worth when we have the misfortune to know what it is to toss about hour after hour unable to find rest in the arms of Morpheus. Let us then briefly review the commonest causes of insomnia and see what simple means may be taken to combat this failing.

Insomnia is a comparative term, for what may be called sleeplessness in one person is not so in another: furthermore, the kind of sleeplessness varies. Some go to sleep directly on getting into bed, but awake every hour for a time, sleeping well later; others awake early in the morning and cannot sleep again; others find great difficulty in getting off, but once asleep do not awake until the morning. For the sake of convenience we will classify the causes under four headings.

(1) *Irritative causes.*—This class includes all forms of insomnia caused by pain and various uneasy feelings.

(2) *Toxic causes.*—A large number of diseases are due to the presence of some toxic agent in the blood, or are accompanied by it; and such diseases are often attended by troublesome insomnia. The sleeplessness induced by taking strong tea, coffee, and cocoa, late at night, comes under this heading. Excessive use of tobacco and alcohol are other instances.

(3) *Psychical causes.*—Grief, shock, worry, and mental anxiety are amongst the most frequent causes of insomnia. In students, overwork, especially if accompanied by irregularity in retiring to rest, is fruitful in producing this condition.

(4) *Causes arising from change in the mode of life.*—Eating late dinners by those unaccustomed to them, and change of climate, sometimes gives rise to temporary insomnia.

In speaking of what means we may take to remedy difficulty in sleeping, I shall not

include the mention of drugs; such treatment should be avoided if possible, for in the majority of cases it is not scientific and only leads to harmful results. In many diseases the administration of narcotics becomes necessary, but in this article I am dealing with functional insomnia only, which should be combated by natural means.

In all cases the first thing to look for is the cause, so that, if possible, this may be removed. If it be an indigestion, this should be treated on the ordinary natural lines. Careful attention to the diet, the avoidance of tea and fruit, and of all substances containing vegetable acids, are essential. Fruit, owing to the acid it contains, is often an unsuspected cause of indigestion, gout, and sleeplessness in many persons: so also are acid wines. An overloaded state of the large bowel is a common cause of sleeplessness in elderly people; for this an evacuation of the bowels at bedtime is the best means of relief.

Certain general precautions must be taken. The bedroom ought to be in a quiet part of the house, well ventilated, and of moderate temperature. The bed should vary according to the habits of the individual; for young and middle-aged adults a firm mattress is the best, but for the old a softer bedding may be necessary. The covering should be light and warm, but in the use of pillows no general recommendation can be made. Some people sleep better with the head raised, others prefer to keep it on a level with the body. Very simple means often suffice to cure ordinary cases of sleeplessness. Some people read themselves to sleep, some count, others think of some monotonous discourse. Massage of the abdomen, thighs, and legs, is sometimes advantageous, while properly selected and regulated physical exercises stand forth as one of the simplest and best ways of bringing about certain and refreshing sleep. This method is believed to produce temporary anæmia of the brain, by determining an increased flow of blood to the manipulated part, and this factor may be further aided by the application of a hot compress to the abdomen. In the case of cold feet, vigorous rubbing or a hot bottle is beneficial, or a hot sitz-bath may be used. Attention should also be given to the work of the stomach. As a rule a light supper is the best, and for many, especially those who awake in the middle of the night, a little hot milk or meat juice containing a small amount of alcohol is helpful. Sleeplessness from overwork, especially from literary work, requires mental rest and change of air and scene.

Two other agents may be used to induce sleep without resorting to drugs if the measures previously considered fail, namely, electricity and hypnotic suggestion. Electricity is regarded as a valuable agent by those accustomed to use it, but it is generally recognised that its employment is empirical. In some cases it produces excitement rather than sleep, and it is said to be largely a matter of experiment as to who will and who will not sleep better after its use. In the majority of cases, however, sleepiness is induced, and the cases most commonly benefited are those in which the insomnia is due to mental overwork, worry, and supposed hyperæmic conditions of the brain generally.

Cases of insomnia which seem rebellious to simple forms of treatment, may be treated by "hypnotic suggestion" with great success. This agent in the hands of a properly qualified and experienced medical practitioner is absolutely free from the dangers which by those who know nothing about the subject are supposed to exist, and experience teaches that this form of treatment is far preferable to the habit of continually taking narcotic drugs, which only mask the symptom of insomnia without going to the fountain head of the trouble and removing the cause.

The Physical Part of the Art of Singing.

By COLSTON MOORE.

WITH

SOME EXERCISES by EUGEN SANDOW.

I VENTURE to suggest that if the struggling vocalist knew more of the, shall I say, physiological portion of his art, his success would be greater, because he would then know more of the theory of voice production.

Most singing masters are content with simply getting, more or less, melodious sounds out of a student, never explaining the reason for the various exercises given him to produce those sounds, and, unfortunately, many a master does not know what physical exercises to give in order to increase the breathing powers and the strength of the vocal chords.

I intend in this article to explain these various exercises, and also to show some examples of how, and how not, to sing a song.

The fundamental basis of all good singing is the proper regulation of the breathing powers. It may be as well to mention here the fact, not known to all amateur singers, that the lungs alone do not control the breath. To prove this, let any of my readers draw in a full supply of air without raising the shoulders. It will be noticed that as the body becomes full, the diaphragm is pushed out, and it seems almost as though the stomachic apparatus was itself inflated.

If an exercise such as I have described above, be continually practised, it will be found that the body's capacity for air will be greatly increased, and the more air that the body can hold the better will it be for the singer. In practising be careful that when drawing in the air the shoulders are not raised. The raising of the shoulders lends to jerkiness when singing a song, and is not a very pleasant habit to watch.

POSITION FOR SINGING—BODY WELL UP WITH FIRM STAND.

When drawing in the air, feel that you are filling the bottom part of the body first, and as the air supply increases, note that the

NEITHER GRACEFUL NOR CORRECT.

diaphragm goes well out. Now when the body is full, hold it so by closing together the chords of the throat. Perhaps it is hardly correct to say chords of the throat, as it is really the glottis that closes, and holds the air down. The mouth in this exercise can be kept quite open as the lips have nothing to do with the holding of the air. Having held the air as long as possible, let the glottis open, and as the air is released, a short, hard sound should be heard.

This exercise will not only increase the body's capacity for air, but will also strengthen the vocal chords.

The following exercise can hardly be described as dignified, but it can safely be recommended to increase the powers of the lower organs of the body.

First, obtain one or two heavy books, and then lie flat down on a bed or couch, placing the books on the body, just below the heart. Now perform the breathing exercises described previously, raising the books with the diaphragm as the body becomes inflated.

Those who wish to become good singers must practise breathing exercises as much as possible. There only remains one thing to add in this matter. When releasing the air by the opening of the glottis, do not let it go out with a rush; let it go as slowly as possible, and be sure you quite exhaust the supply before commencing again.

In singing one hears much of the "coup de glotte," an exercise given for the strengthening of the vocal chords. Madame Macheri, in her invaluable book on the "Theoretical and Practical Method of Singing," explains this exercise as follows:—

"The lungs once filled, the pupil, in order to produce a sound, must close the glottis hermetically, so that the air, in making its way through the opening of this glottis, at the moment of expiration, shall set in vibration the vocal chords which form the extreme edges of its lips." The "coup de glotte" is, then, caused by the sudden and energetic drawing together of the lips of the glottis an instant before expiration commences. This organic action, which forms

WHEN NECESSARY TO TURN TO THE MUSIC DO SO IN THIS WAY.

LOW NOTES ARE NOT PRODUCED IN THIS MANNER. ALL SOUND IS CHOKED UP.

DO NOT THROW THE HEAD TOO FAR BACK TO REACH A TOP NOTE; YOU CLOSE UP THE THROAT.

YOU CANNOT PRODUCE GOOD WORDS WITH THE MOUTH STRETCHED LIKE THIS.

ORDINARY POSITION OF THE MOUTH WHEN SINGING; PERHAPS A LITTLE MORE OPEN.

TO SHOW THE BREATHING APPARATUS:
(1) BODY EMPTY.

the attack or "pose of the voice," is caused in preparing the glottis and mouth for the production of some vowel.

This, then, explains the "coup de glotte," an exercise that should be practised judiciously with other vocal exercises.

Another good exercise, especially of high notes, is singing of the sounds "coo-ca" up the scale as far as possible, giving the "c" a very hard "k" sound. A male singer will very often find that on high notes his voice will break. This "breaking" is caused by the closing up of the vocal chords, which will be prevented by the practising of the above exercise.

It is not intended here to go minutely into the theory of sound production, but it is necessary to consider briefly the positions the mouth should occupy. Many amateurs make the great mistake of opening their mouths to its widest extent, as though they were endeavouring to swallow a bath bun whole. The proper position for the mouth, or rather the lips, is about an inch apart. The tongue, of course, must be kept well down, or the sound will be choked up. In the attempt to reach high notes, the mouth need not be stretched too far open, but just sufficiently to allow of the sound travelling to the required distance.

There is another fault, the exact opposite to the one just described, and that is almost closing the mouth, and clenching the teeth whilst singing. This, perhaps, is the worse fault, as it prevents the sound travelling any distance. I have given illustrations showing the correct and incorrect position of the lips.

Coming to the actual singing of a song, I shall have several very common, but very serious, mistakes to point out. The first one

(2) BODY FULL.

refers to the position taken up by the singer. Some singers—especially in drawing rooms—stand with legs crossed, head bent down on the breast, and arms in some unnatural and strained position. The best way to stand is to place one foot a little way in advance of the other, thus obtaining a firm attitude, and good support for the body. The body should be held erect, with chin well away from the collar. Never wear very tight or very stiff collars when singing. I have said keep the chin well up, but do not try to examine the stars through the ceiling. In such a position the vocal chords would be strained, and the air passage partly closed. For the same reason do not examine the floor; you are not, I presume, trying to store the sound in your waistcoat pocket.

It is always advisable to have two copies each of the songs you sing, for then it will be unnecessary to stoop over the keyboard to examine the one copy necessary for the pianist. Any stooping down, such as might occur when one copy of a song only is available, considerably hampers the breathing powers, causing shakiness and loss of sound.

A GOOD POSITION: PLENTY OF ROOM TO BREATHE.

A BAD, CRAMPED POSITION AT THE PIANO.

I have given illustrations here of the false position of the throat and head for reaching a high note, and also a bad position for reaching a low note. In the former case, it will be seen that the head is thrown too far back, and consequently the "sound aperture" is partly closed. As a matter of fact, it is not at all necessary to raise the head from its ordinary position when singing middle notes, to obtain a note high up on the keyboard.

I have noticed some professional singers, especially second-rate tenors, lift the weight of the body on to their toes, as though, by giving themselves a few extra inches of stature, they correspondingly raised their note.

In the efforts to reach a low note, do not bury the head on the chest. It may be safely

said that no action of the head influences for good the sound of the voice.

Mr. Clifton Cooke, an exponent of the theory and practice of voice production, always gives this excellent piece of advice to his many pupils. When singing up high imagine you are singing low, and when descending to very low notes imagine you are ascending the scale. Especially is the advice useful when practising singing exercises in which plenty of scales occur.

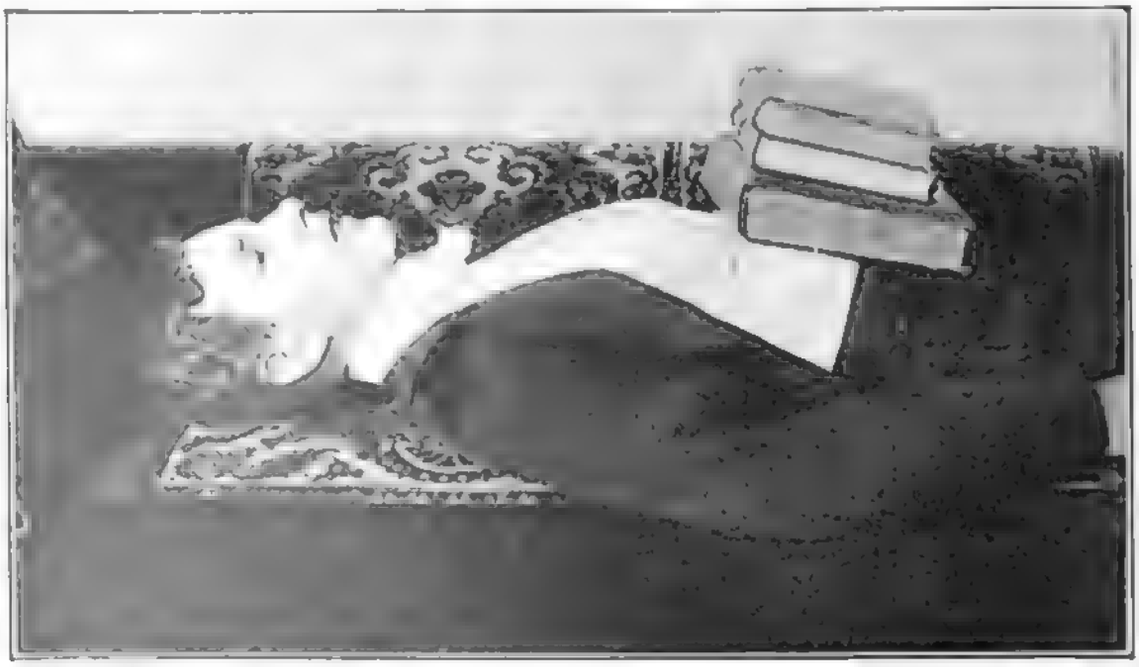
There are some unfortunate mortals, who, when "invited out," have in addition to playing accompaniments for other people, to play to their own singing—if they sing at all. This last to my mind is a most unpleasant duty for any person, as it does not give a fair chance for the using of the vocal powers. The only thing to do is to make the best of a bad job, and to assume such a position that the body will not be unduly cramped. Most people who sing and play, get into the habit of sitting right under the keyboard. This means crouching over the piano-keys and restricting the movements of the diaphragm when breathing. No good results can be expected in such a position.

When seated at the piano, the stool should be placed as far away from the keys as possible. The stool itself should be screwed up to such a position that, when bending forward to play, the body can keep a straight —not necessarily upright—position. Keep the shoulders well back, and do not droop the head more than is required for looking at the music.

There is one warning I should like to give to ladies before concluding this article. In singing, perhaps more than in anything else, the injurious effects of tight lacing will be felt. How a lady can possibly expect to keep her breathing powers properly regulated when the diaphragm is fixed immovably in a vice-like grip, I cannot quite understand.

How many times have I heard the remark, "What a bad figure," applied to professional singers, both male and female. This cannot be wondered at considering the peculiar exercises they have to practise.

To sing well, it is necessary to keep the body and general health in good condition. To this end the amateur singer should see that he gets plenty of outdoor exercise. It will be found that most of our best vocalists have a favourite outdoor sport, by means of which they obtain the necessary recreation.



TRY AND DO THIS.

SOME EXERCISES FOR VOCALISTS.

By Eugen Sandow.

No profession or calling makes greater demands upon the breathing apparatus than the art of singing, and it therefore behoves everyone who wishes to excel in that fascinating art to so develop and improve the muscles and organs called upon in such proper manner so as to obtain from them every assistance towards gaining the desired result.

There are a number of movements amongst the exercises devised by me which will be found of immense service to all vocalists, professional or amateur. The foregoing article by my esteemed contributor contains many useful hints, and I propose now to supplement them with a few of the exercises which I prescribe for the benefit of those who practise the art of singing. The list can, of course, be considerably augmented, and I would point out that exercises for any set purpose should only be used as an adjunct to general exercises which tone up the whole system. Of course, the number of times the movements in each exercise are gone through depends largely upon the physical stamina of the exerciser, but in the exercises which I have set out, I am taking it for granted that the person using them is of sound physique, and capable of performing the movements without detriment to him or herself. It is always advisable to take expert advice, however, before undertaking any special exercise.

It need hardly be pointed out by me to my lady readers that, in order to obtain the best results and the richest tones from the voice, the muscles of the diaphragm must be given full play, and that therefore anything approaching a tight corset must be eschewed. The same applies to exercising. Further explanation is I think unnecessary, as the directions accompanying each exercise provide a full description of the movements and their results.

It only remains to be said that what I have so often pointed out, the concentration of the mind upon the exercise, is most essential in order to produce the desired result.

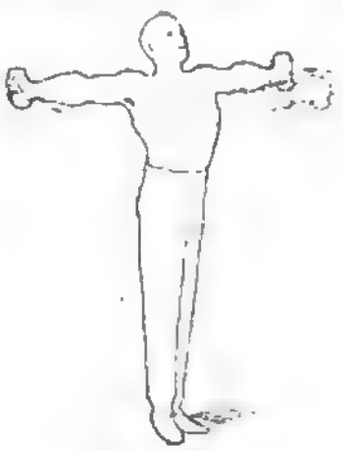
EXERCISES.

Exercise No. 1 is a breathing exercise. Stand erect, neck pressed well back, chest relaxed, hands clasped over the stomach.

Exercise No. 1.

Slowly arch the chest and inhale to the very fullest extent, pause for a second and expel all the air possible from the lungs, assisting the upward pressure of the diaphragm by drawing in the stomach with the aid of the pressure of the hands. The pressure of the hands is given to make the expiration more complete. The regions exercised are the lungs, the muscles supporting the arch of the chest, and the abdominal muscles.

For Exercise 2, stand erect with the arms extended in front of the body. With a slow



Exercise No. 2.

movement bring the arms backwards in a line with the shoulders, inhaling steadily through the nose all the time the hands are travelling. Make a momentary pause and press up the chest, bring the arms forward again, exhaling to the utmost as in the previous exercise. This movement exercises the lungs, the muscles of the chest and neck.

For Exercise 3, lie at full length with the arms resting on the thighs, then raise them slowly until they are outstretched behind the head, inhaling all the time. Pause a moment with chest fully expanded, then bring the

Exercise No. 3.

arms slowly to the thighs again, emptying the lungs at the same time.

For Exercise 4, which can be accomplished with or without the developer, but with for preference, stand erect with the arms high above the head, looking upwards. Then bend forward from the hips, with the knees arched, and try to touch the ground twelve inches in front of the toes. This exercise strengthens the lungs and abdomen.

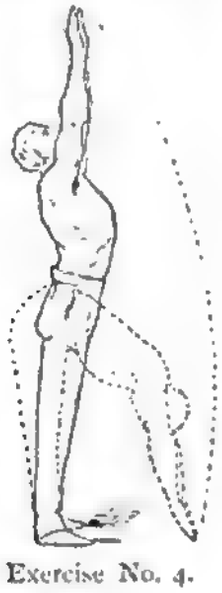
For Exercise 5, stand with your back to the developer, left foot forward, and hands behind the body, with the rubbers at tension. Fill the lungs with air, then raise the hands slowly forward and upwards to a level with the shoulders, exhaling whilst the hands are travelling. Pause a moment, press the hands upwards and backwards, inhaling at the same time. This is an excellent exercise for the chest, shoulders, and neck.

In Exercise 6, the ready position is the same as in the preceding exercise. Then

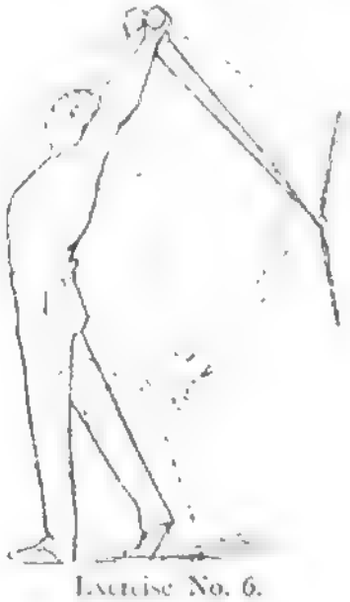
Exercise No. 5.

bring the hands slowly forward, bending the left knee, inhaling until the hands have reached the highest point, then completing the circle, bringing the hands backwards with a sharp decisive movement, driving the air from the chest, and repeat. The chest, neck, shoulders, and loins are treated in this exercise.

In Exercise 7, bend forward from the hips and hold the dumb-bells down in front of the body. Then raise the bells slowly upwards and outwards, with straightened arm, until



Exercise No. 4.



Exercise No. 6.

they are above the level of the back of the head, inhaling all the time. Pause, then slowly press them down to the ready position, at the same time expelling the air from the lungs. This exercise will be beneficial to the muscles of the back, neck, and shoulders.

For Exercise 8, stand with the body erect and the arms at the sides, then lunge obliquely forward to the right, flexing the right knee

Exercise No. 7.

and keeping the left leg perfectly straight, at the same time raising the arms upward and to the rear in a circular motion until in a line with the shoulders. The palms of the hands should be turned upward, the back hollowed, head thrown well back, and the chest forward. Recover smartly to the ready position and repeat, keeping the dumb-bells gripped well during this exercise.

Exercise 8A reverses the position to the left. The regions exercised are the chest, neck and abdominal muscles.

Exercises No. 8 and 8A.

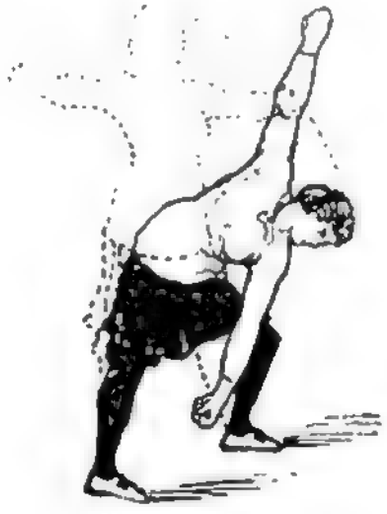
Exercise 9.—Stand with the arms extended in front of the body with knuckles upwards, bringing the arms upwards and backwards, at the same time exhaling deeply through the nostrils, rising on tip-toe, and pressing the chest well forward. Exhale and return to the ready position simultaneously.

Exercise 10.—Stand erect with the feet twenty inches apart, and arms out straight, bringing the left arm forward and the right

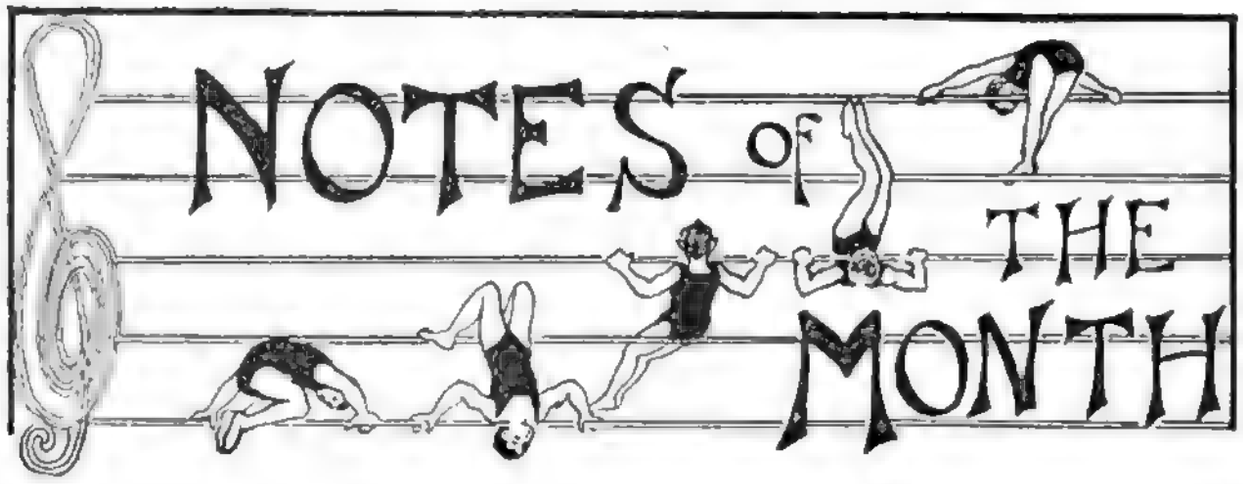
Exercise No. 9.

behind, bending slowly upwards until the left hand touches the floor in a line with the heels, bending the left knee, and keeping the right leg straight. Return to the erect position, then the ready position, and reverse.

This exercise, in addition to affecting all the muscles of the body and shoulders, is a massage movement for the abdominal muscles.



Exercise No. 10.



Australia's Falling Birth Rate.

The report of the Royal Commission which has been inquiring into the decline of the birth-rate in New South Wales is a document disquieting to all sincere Imperialists, because it reveals a weakness which is plainly threatening the position of our race in the new countries of the Pacific.

For an old and outworn nation in the hour of its decay to show a low birth-rate is no extraordinary phenomenon. The falling birth-rate was one of the symptoms of decay in Imperial Rome, as it is the cause of grave anxiety in France to-day. But for a young and new community with what once looked like a dazzling future, and with an immense territory, to fail to increase is something new and surprising. Not without reason does the Sydney *Daily Telegraph* declare that this refusal to "be fruitful and multiply" points to some serious moral weakness which, if not overcome, must for ever destroy the dream of a great Australian nation "guaranteeing the peace and progress of the Southern World." The Sydney journal turns to the Churches as the last remaining hope of Australia, and asks them—a very pertinent question—"what answer they have to give to the terrible tale which the statistics quoted by the Commission have to tell."

The Churches will probably reply that the Commonwealth has banished religion and the idea of duty from civic life; that education is secular—and this is one of the results. The citizen has been taught to expect everything from the Commonwealth; himself to give nothing. He is growing up oblivious of the future, and of the fact that Nature never forgives derelictions against her great and abiding laws. And unless he changes his ways Nemesis is sure to come. The Sydney *Daily Telegraph* points to the fast growing population of China and Japan, and questions whether in years to come Australians will be able to guard an empty country for a posterity, which, on the present figures, must steadily dwindle. The answer to that question is that if the Australian population does not increase, British power in Australia is doomed.

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One of the most serious documents ever issued by a Colonial Government is the Report of the Royal Commission on the decline of the New South Wales birth-rate. The bare facts are singularly alarming. "Since 1899 there has been a very marked fall in the birth-rate, and between 1889 and 1902 the decrease was no less than ten births per thousand." The Commission, after having gone carefully into the causes of the decline, give three reasons for it. One is the deliberate limitation of families, the second is the personal selfishness which finds expression in "the desire of the individual to avoid his obligations to the community," and the third is "the decay of religious feeling." The effects are summarised in these words, "defective health, defective morals, and

defective character are already manifesting themselves as a warning of a more marked deterioration likely to ensue." Comment upon this is unnecessary. If the vice here indicated should spread, the end of the British Colonial Empire is not far distant.

In connection with this report should be read the article on the United States of America which Dr. Emil Reich contributes to the April number of the *National Review*. He describes "the breakdown of American maternity" as a cloud threatening the future of America, and not long ago President Roosevelt told his countrywomen this in the plainest terms. "Statistics reveal," says Dr. Reich, "that the United States can in no wise depend for its future prosperity upon the offspring of its own women." Further on he remarks that "many a State has been brought to ruin by its women." Certainly the peril never was greater than at the present moment, when the individual woman has almost ceased to recognise that she owes anything to the community. In the history of great States, from the Fall of the Roman Empire onwards, that invariably has been the sign of national decadence.—*Country Life.*

D. MACKENZIE. (*Edinburgh.*)

* * * *

Edinburgh.

Dear Sir,

I enclose herewith photos of Mr. Duncan Mackenzie, of Edinburgh, which I should like to see reproduced in your magazine.

He is 5 ft. high, and scales, stripped, under 8 st.

The following are a few of his feats :—

Right and left hand slow presses from the shoulder of 80 lbs., body erect all the time.

156 lbs. bar-bell lifted from ground to shoulder and slow press overhead with two hands.

Right and left hand jerks of 112 lbs.

He was also successful in pressing from the shoulder with the right hand the 150 lbs. solid dumb-bell which formerly belonged to Mr. Sandow, and is now in the possession of Mr. F. A. Lumley, of Edinburgh.

He has made a successful attempt at holding a 56 lbs. ring weight out in horizontal line with the shoulder.

In the "Tomb of Hercules" he has supported over half a ton.

As a wrestler Mr. Mackenzie is willing to meet anyone at his weight, either in catch-as-catch-can or Græco-Roman.

He is very skilful on the rings, performing many difficult feats, including the "Crucifix," and pulling up with one hand, all with the greatest of ease.

I may say that the feats which I mention here, besides many others, are not imaginary, but have been witnessed by a few Edinburgh weight-lifters and athletes, also by myself.

Yours faithfully,

SYDNEY BEVERIDGE

* * *

To Cricketers.

We have received a very useful pocket calendar from the proprietors of the *Cricket Press*, 25, Temple Chambers, E.C., which all lovers of the summer game should make a point of obtaining. It contains some well-executed photos of the England team recently returned from Australia, tables for averages, fixtures, etc., etc.

* * *

W. R. JACKMAN.

We have great pleasure in publishing this month a photograph of W. R. Jackman, of Camberwell, who is attached to the Sandow's City School, Walbrook, E.C. Although quite a youth, he has already secured a very fine development, and thus early has proved himself an adept wrestler. Last year he secured a cup, which appears on the left of the photograph, for winning a contest in catch-as-catch-can style at the Empire Theatre, Southend, where he defeated Louis Madder, of Luxembourg; whilst the other cup he won by defeating Ernest Nightingale, of London, in the Græco-Roman style. He has also secured several medals in various competitions, and is another proof of the value of systematic exercise.

* * *

It is proposed for the easier circulation of that portion of the Magazine, dealing with the subject of National Physical Education, that it should be each month issued as a separate supplement, price one penny. Upon application at the editorial offices of the Magazine, 131, Temple Chambers, E.C., copies may be obtained.

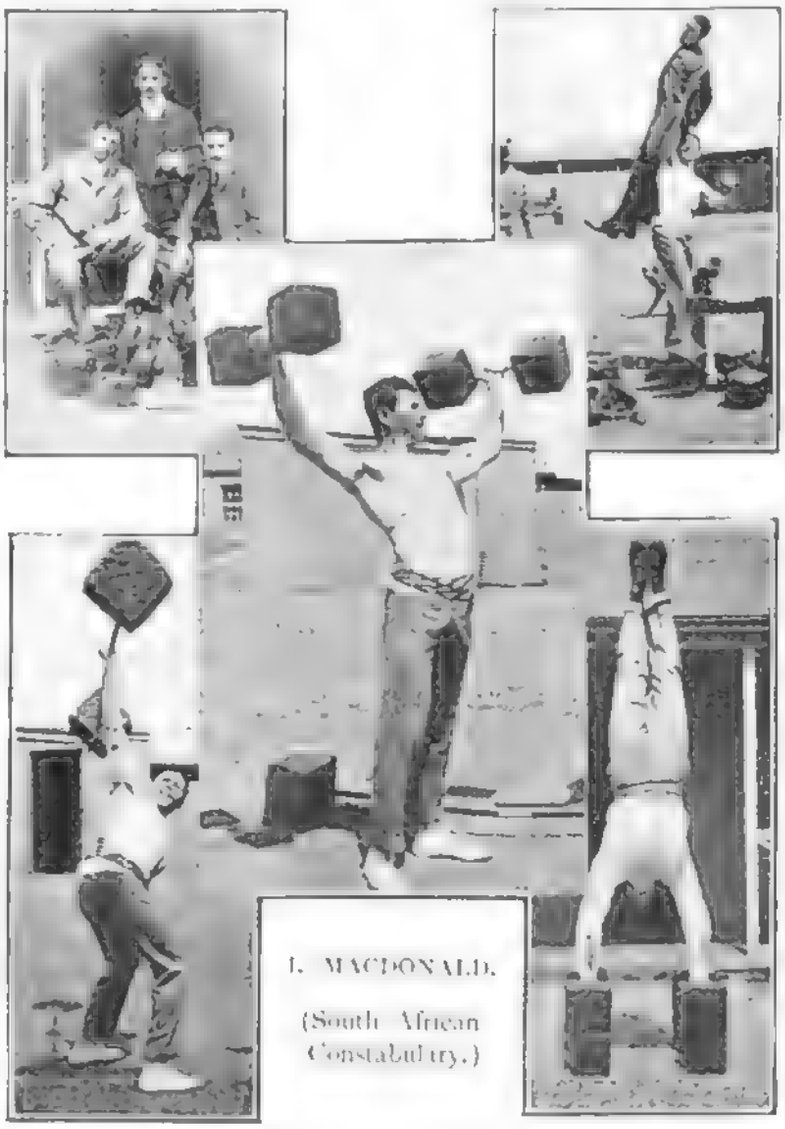
* * *

South African Constabulary.
Thaba' Nchu, South Africa.

Dear Sir,

You will probably remember me when I tell you that I won the Gold Medal in your Great Competition in 1899 for the county of Invernessshire, and was very disappointed in not being able to compete for the statuettes owing to my being in South Africa at the time. As you will see by my address I am in the South African Constabulary, and at present am stationed in a little village called Thaba' Nchu, in the Orange River Colony. The life in the S. A. C. is not a bad one, and we have every opportunity of keeping ourselves fit. I have your magazine sent to me regularly every month, and follow with the keenest interest the progress of physical culture. In my own little way I have done my best to further it since I have been in this country, and have come off fairly successful in many places. In my opinion, South Africa is an ideal country for any kind of physical training. The atmosphere is grand. Religiously every morning before breakfast I go through the different exercises and follow on with a cold bath. I may say I have never had a day's sickness since I have been out here, and that is now over three years, accidents, of course, I have

barred. Enclosed you will find photos which may prove of interest. My friends shown in some of the photos are all Sandow enthusiasts, and have benefited themselves greatly by your system. The photos were taken by Mr. Craig, who resides here, and is on the Latrine Commissioners' Staff, the other two of my friends are members of the S.A.C. in mufti; the one of the buildings is our barracks; the photos illustrating the bent press, etc., are of myself. My strength records are as follows:—



The human lift with one arm as per photo—my friend, Mr. Powell, weighs 11 st. 5 lbs., and the single-handed-lift with bar-bell from shoulder 170 lbs.; dumb-bell lift simultaneously, 90 lbs. in each hand; double-handed bar-bell from ground to arm's length above head, 200 lbs.; holding at arm's length, 56 lbs., and tearing two packs of cards.

Probably my measurements might be of interest too:—

Height, 5 ft. 10 ins.; Weight, stripped, 12 st.; Age, 22 years; Chest, normal, 42½ ins.; expanded, 46 ins.; Waist, 30 ins.; Neck, 16 ins.; Thigh, 23 ins.; Calf, 14¾ ins.; Upper arm, 15¾ ins.; Forearm, 13 ins.

Hoping you are just as fit as when I met you last.—I am, etc.,

J. Macdonald.

P.S.—I forgot to mention that my heavy weights are all made by myself of solid stone cut out, with iron bars for handles, and run in with lead, and as you may imagine, they are very awkward to use.—J. M.

* * *

A few slight errors occurred in the titles of some of the reproductions in the article on "Physical Beauty in Art," in the April number. The painter of "The Holy Gathering" was Palma il Vecchio; "Mars, Venus, and Cupid" was painted by Paris Bordone; the signature of S. Sebastian should have been Annibale Carracci, and that of "Lotta di Putti" should have been Francesco Gessi.

* *

Last August we reproduced a photo of Private Sidney Baldwin, of the Queen's Bays, showing the results of three months' exercise with dumb-bells and developer. He now sends along some further photographs, showing the improvement made during the past nine months, and a comparison shows the remarkable strides our correspondent has made. We notice further that he is now transferred to the 2nd Dragoon Guards, and is now stationed at Pretoria. His letter is as follows:—

Dear Sir,—I think you may be interested

to see the improvement I have made in self-development, entirely through the use of your dumb-bells and following closely the rules prescribed by yourself. I enclose you photos to show you the result, and hope you may think them worth publishing in your Magazine, which we get regularly out here.

* * *

Weight-lifting and Physical Culture Competitions.

The annual weight-lifting and physical culture competitions took place at the Polytechnic, Regent Street, on April 14th. In the way of variety Messrs. J. St. A. Jewell and Percy Longhurst gave a practical demonstration of most of the throws used in wrestling, together with a defence for each. The weight-lifting events resulted as follows:—

9 st.—L. Lewis, Szalay's School, right hand, 137½ lbs., left, 127 lbs.; two dumb-bells, 146 lbs.; bar-bell, 168 lbs.; total, 578½ lbs., 1. F. S. Polimeni, Health and Strength School, 117 lbs., 121 lbs., 153 lbs., 170 lbs.; total, 561 lbs., 2. Percy Hood, Essex Weight-lifting Club, 115 lbs., 115 lbs., 153 lbs., 170 lbs.; total, 553 lbs., 3. A. Brunning, Apollo Weight-lifting Club, and W. Ayling, Walworth School, retired.

10 st.—H. Bailey, Apollo Club, right hand, 135 lbs., left, 128 lbs.; two dumb-bells, 146 lbs.; bar-bell, 181 lbs.; total, 590 lbs., 1. L. Lewis, Szalay's School, 137½ lbs., 127 lbs., 146 lbs., 160 lbs.; total, 570½ lbs., 2.

12 st.—Leon See, Athletic Club of France and Szalay's School, right hand, 156 lbs., left, 136 lbs.; two dumb-bells, 196 lbs.; bar-bell, 236 lbs.; total, 724 lbs., 1. G. Butler, Szalay's School, 170 lbs., 156 lbs., 187 lbs., 181 lbs.; total, 694 lbs., 2. J. Tomasson, Wolverhampton, 136 lbs., 148 lbs., 163 lbs, 181 lbs.; total, 628 lbs., 3.

TROOPER SIDNEY BALDWIN, (2nd Dragoon Guards).

Heavy-weights.—C. von Lom, president of the Essex Weight-lifting Club, had a walk-over. In order to win the cup he gave an exhibition, lifting 170 lbs. with both right and left hands, two dumb-bells of 202 lbs., and a bar-bell of 235 lbs.; in all, 777 lbs.

In the Physical Development Championship, Ernest Smith (South London School),

E. Milburn (late Apollo), and W. Stevens (Sandow's Ebury-street School), respectively, were awarded the first three prizes, equal silver medals being presented to John Garner, F. W. Firman, and W. Sadler, all of Szalay's School, and G. F. Westcott, of Bates's School.

* * *

French Athletics in London.

"A party of French amateur athletes," says *La Culture Physique*, "has been visiting the English clubs. The party was composed of Albert Deroubaix, MM. Pollet and Bellière, of the Lillois Sporting Club, and Professor Desbonnet, of Paris. At Sandow's School, in Walbrook, E.C., the travellers made the acquaintance of Mr. Pedley, Sandow's chief instructor at the City school. Mr. Pedley is a man gifted with extraordinary strength, and the force of his grip is proverbial on both sides of the Channel. They also saw Mr. Sandow at the Hippodrome, and were pleased to see him gain the success he so well merited by his splendid performance, so artistically presented. And the visitors departed from the English capital with the impression that in London muscle was in the very air, while in Paris they were looking vainly for the poorest athlete in their circus ring or concert hall."

* * *

The Earl of Meath and Physique.

The Earl of Meath, as all who follow physical culture know, is very keen on the question of national deterioration, and in the current issue of *Public Health* has a very strong article on the subject, from which we make the following brief extracts:—

"Amongst earthly blessings there is none greater than the possession of physical health and strength, but how few there are that give serious thought to the subject.

"As a nation, we insist, and rightly insist, that all children should be educated. We spend thousands of pounds in order that every child, however poor, may be given an equal chance in life, and yet how small a part of all this thought, trouble, and expenditure is directed towards imparting to children knowledge which in after years shall enable them to understand the laws of nature, and to maintain their own, and their future children's, bodies in health and strength."

Amongst the remedies suggested by his Grace were, that unnecessary increase of towns should be prevented; that there should be an abundance of open spaces; that children should be taught the rudiments of hygiene; sanitation, and physiology; that they should be shown how to obtain the largest amount of nourishment with the smallest expenditure upon food and what kinds of food are wholesome; they should be taught self-restraint in order to learn when they grow up how to rule themselves; their development should be improved by physical exercise, and, particularly, girls should be taught housewifery. His Grace calls attention to the fact of deterioration in physique, and says if it be questioned whether it be a fact that the British people are deteriorating in physique, how comes it, as has often been said in the public press, without contradiction, that during the war in South Africa out of 11,000 men who offered themselves from Manchester for the Army only 3,000 could be accepted as recruits owing to physical defects, and of all those 3,000, only 1,000 were found fit to be sent abroad to fight the battles of our country. How comes it that the Colonel of the Birmingham Volunteers has lately said in public, that on account of similar bodily defects he is obliged to reject annually some 32 per cent. of the men who offer themselves.

Furthermore, from information which his Grace lately obtained, it appears that some 50 per cent. of the lads from certain British towns, who annually offer themselves for service in the British navy, have to be rejected by recruiters on the spot, for similar reasons, and that the services of a further 25 per cent. are declined owing to the discovery of more obscure physical disabilities, when the lads have reached headquarters. It cannot be denied that these facts point to

a most serious condition of British social, commercial, and national life. The Royal Commission for Scotland on physical training has borne important witness to the unsatisfactory state of the Scotch people, and has suggested remedies which it is hoped that the Government and the local authorities will not be slow in adopting. But if the condition of the people of Scotland be so bad, we may be sure that that of the people of England and Wales, of whom over 12 millions are crowded into 44 cities, with an average population of 270,000 each, must be still worse.

His Grace pressed for the appointment of a Royal Commission under the same terms of reference as that which lately sat in Scotland, and he concludes by urging the people of Great Britain, and especially the working classes living in our large cities, who compose that portion of our population which is the most directly interested in the subject, to bestir themselves, and use all the legitimate ends they possess to impress upon Members of Parliament, Corporations, County Councils, Educational Authorities, and others, the urgent necessity which exists to turn their most serious attention to matters appertaining to the health, strength, and physical condition of the people of this country, and to take steps to improve the physique of the British race.

* * *

THE STAGE PHYSICAL.—Since that portion of the Magazine containing the concluding article of the series on "The Stage Physical" went to press, Mr. Frederick Kerr has returned and is once more delighting London audiences.

THE SANDOW CHALLENGE CUP FOR ROWING, TO BE COMPETED FOR ON THE THAMES, SATURDAY, JUNE 4TH.

The Amateur and Professional Championships of New Zealand for 1904.

By F. A. HORNIBROOK, *of Christchurch, New Zealand.*

IN New Zealand, professional, or Caledonian Championships, as they are better known, are always held on January 1st and 2nd, the Scotch holidays. This year the Amateur Championships were held a week later, and a comparison of the two may prove interesting.

Professional Championships.

The Professional Championships were held at Oamaru. Over ten thousand spectators were present the first day, and seven thousand the second day. The All-round Championship, and the Governor's Medal (Lord Ranfurly's) which accompanies it, were won by F. Ford, of Invercargill, and his record is a sufficient indication of his splendid abilities. He won the following Championships:—

	ft.	ins.
Throwing 22-lb. Hammer, fixed handle	99	2½
Throwing 16-lb. Hammer, fixed handle	113	3
Putting 22-lb. Shot	33	6
Hop, Step and Jump	41	1

and the Cumberland Wrestling Championship. He gained second honours in the Long Jump, his leap being 19 ft. 3 ins.: High Jump, 5 ft. 4 ins.; Putting 16-lb. Shot, 41 ft. 4 ins.; Tossing the Caber, 22 ft. 8 ins.

Photo., Standish & Preece, Christchurch, N.Z.]

MR. W. F. SIMPSON.

Three Miles Amateur Champion of New Zealand and holder of Three Miles Australasian Record—14 mins. 49 secs.

D. Dalton won the High Jump—5 ft. 6 ins.

C. D. Fleming won Putting the 16-lb. Shot with 41 ft. 7 ins. The competition for this was a very fine one. When, at a second attempt, Ford, with a magnificent effort, hurled the iron sphere 41 ft. 4 ins., it appeared as though the contest was over, even though Fleming in successive bouts approached perilously near to his rival's mark. Finally, with

Photos., Courtney & Moore.] THE CALEDONIAN CHAMPIONS FOR 1904.

D. Smith (Half and Mile Champion), J. M'Tigue (Long Jump Champion), L. J. Furrie (Quarter-Mile Champion), F. Forde (All Round Champion), W. Black (220 Yards Champion). Standing—Mr. R. L. Rule (Secretary), Mr. J. Dalgleish (Starter).

his last chance, Fleming covered the distance of 41 ft. 7 ins., and thus secured the Championship. The putting could not be fairer—it was absolutely above suspicion. And what a contrast in styles! Ford, thick-set and sturdy of build, balances himself carefully, and with a mighty spring from a crouching position delivers the weight. In stature and method he seemed to embody the ideal of a weight-putter. I have never seen a really tall, slim athlete, other than Fleming, make a success of this field game. Theoretically an advantage, in actual practice that extra height seems of no avail. But Fleming stands well on to 6 ft. 4 ins., and looks decidedly on the light side. Prior to putting, he simply balances himself at the back of the ring, and having stepped rather than sprung forward, with no apparent exertion, sends the missile up and forward. It all looks so easy, but there is evidently remarkable force behind, for the heavy weight leaves his hand like a stone from a catapult. And that is how the Championships of 1902 and 1904 have been won by Fleming.

The Half Mile was won by D. Smith, of Queensland, in 2 mins. 9 secs., with the greatest ease, and the same runner accounted for the One Mile, with even greater ease, in 4 mins. 38⅘ secs. The next day, in a Mile Handicap, the same runner won as easily from a large field in 4 mins. 32⅗ secs. The 220 Yards was won by W. Black in 24 secs.

Amateur Championships.

The Amateur Championships were held in Wellington, on January 9th, in the presence of some four thousand spectators. W. H. Pollock, of Wellington, was in rare form, and annexed three of the Championships:—

	mins.	secs.
Half Mile	2	1¼
440 Yards	0	52⅗
One Mile	4	49

A fine day's work.

The 120 Yards Hurdle was won by G. W. Smith, of Auckland, in 16⅗ secs. Smith, it will be remembered, won the English Hurdle Championship in 1902. The same runner also accounted for the Hundred Yards Championship in 10⅗ secs.

W. Anderson, who, by the way, is an ardent follower of the Sandow system, won the 220 Yards in 23⅘ secs.

MR. W. ANDERSON,

220 Yards Amateur Champion of New Zealand.—Trains on the Sandow System.

Anderson attributes his success chiefly to the Sandow system, thus proving Mr. Sandow's theory that physical culture is just

MR. M. E. WOOD,

Amateur Champion Long Jumper of New Zealand, and holder of N.Z. Amateur Record, 21 ft. 8 ins.

as necessary for the sprinter as for the wrestler and the oarsman.

The Three Mile Flat was a gift for W. F Simpson, who won in 15 mins. 27⅘ secs. Simpson also competed in the English. Championship in 1902. He holds the Australian amateur record for three miles—time, 14 mins. 49 secs.

The Long Jump fell to that versatile athlete, M. E Wood, who won with the poor jump of 19 ft. 7½ ins. Wood holds the New Zealand record for the Long Jump—21 ft. 8 ins. He is also a well-known footballer, has represented New Zealand over eleven times in International football matches, and in Provincial football has played for his province over sixty times.

The field events were rather disappointing, only one performer reaching the standard. C. S. Harper won the High Jump with 5 ft. 6½ ins. W. Bradley won the Shot-putting with 38 ft. 1½ ins., and S. Baird won the Hammer-throwing with 103 ft. 9 ins., a poor performance for him, his record being much better. H. Goodman won the One Mile Walk in 7 mins. 23 secs., and F. Ross won the Three Mile Walk in 23 mins. 20⅘ secs.

Comparison.

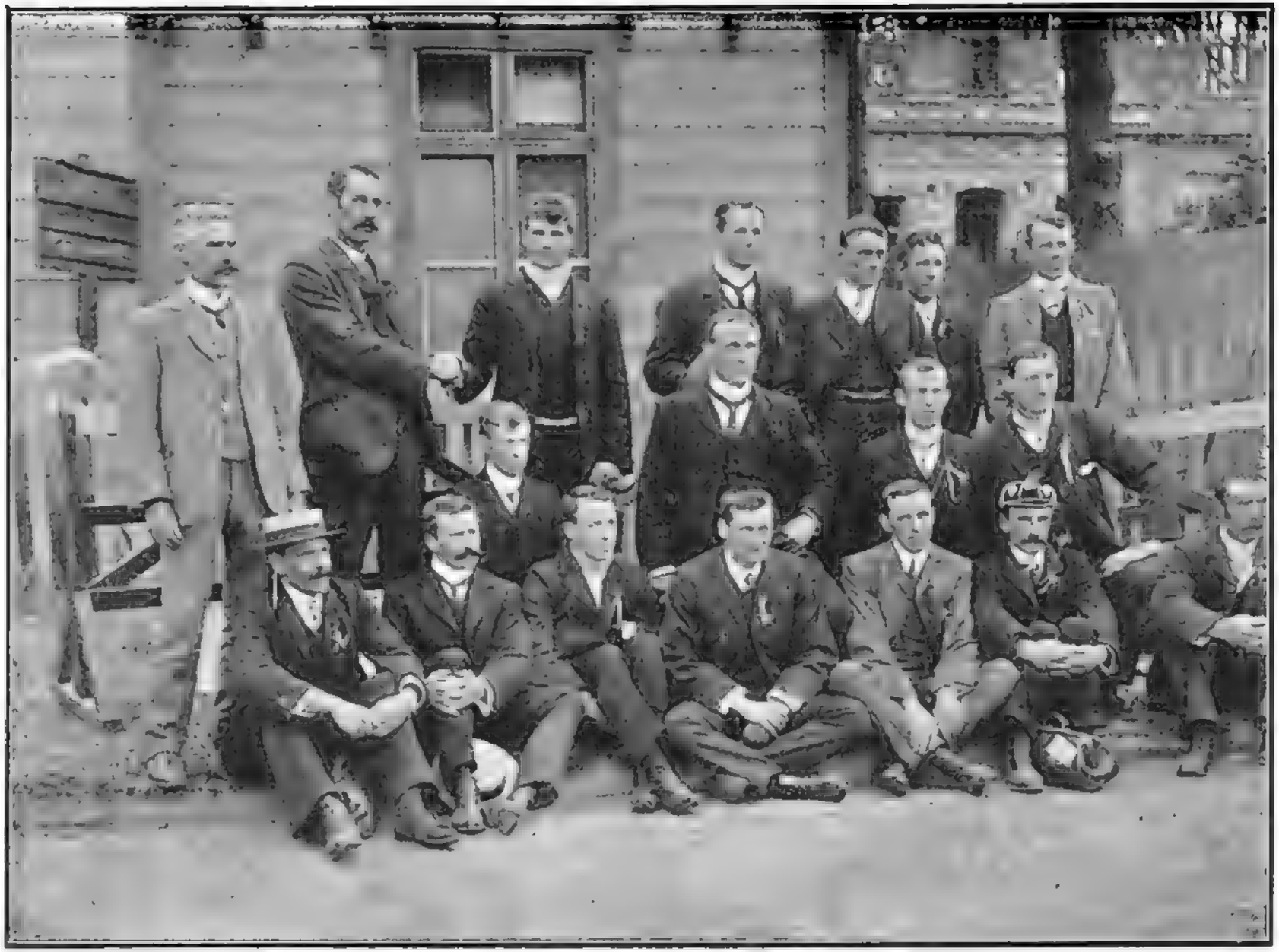
A comparison of some of the two Championships may prove interesting:—

	Professional.		Amateur.	
	mins.	secs.	mins.	secs.
100 Yards...	—		0	10⅘
220 Yards...	0	24	0	23⅘
440 Yards... ...	...no time taken		0	52⅘
880 Yards...	2	9⅘	2	1⅕
One Mile	4	38⅗	4	49
	ft.	ins.	ft.	ins.
Running High Jump ...	5	6	5	6½
Running Long Jump ...	20	8	19	7½
Pole Jump	—		10	0
Putting 16-lb. Shot ...	41	7	38	1½
Throwing 16-lb Hammer	113	3	103	9

Photo., Mahan, N.Z.]

C. D. FLEMING.

Putting 16 lb. Shot Champion, Oamaru Caledonian Society's Sports.

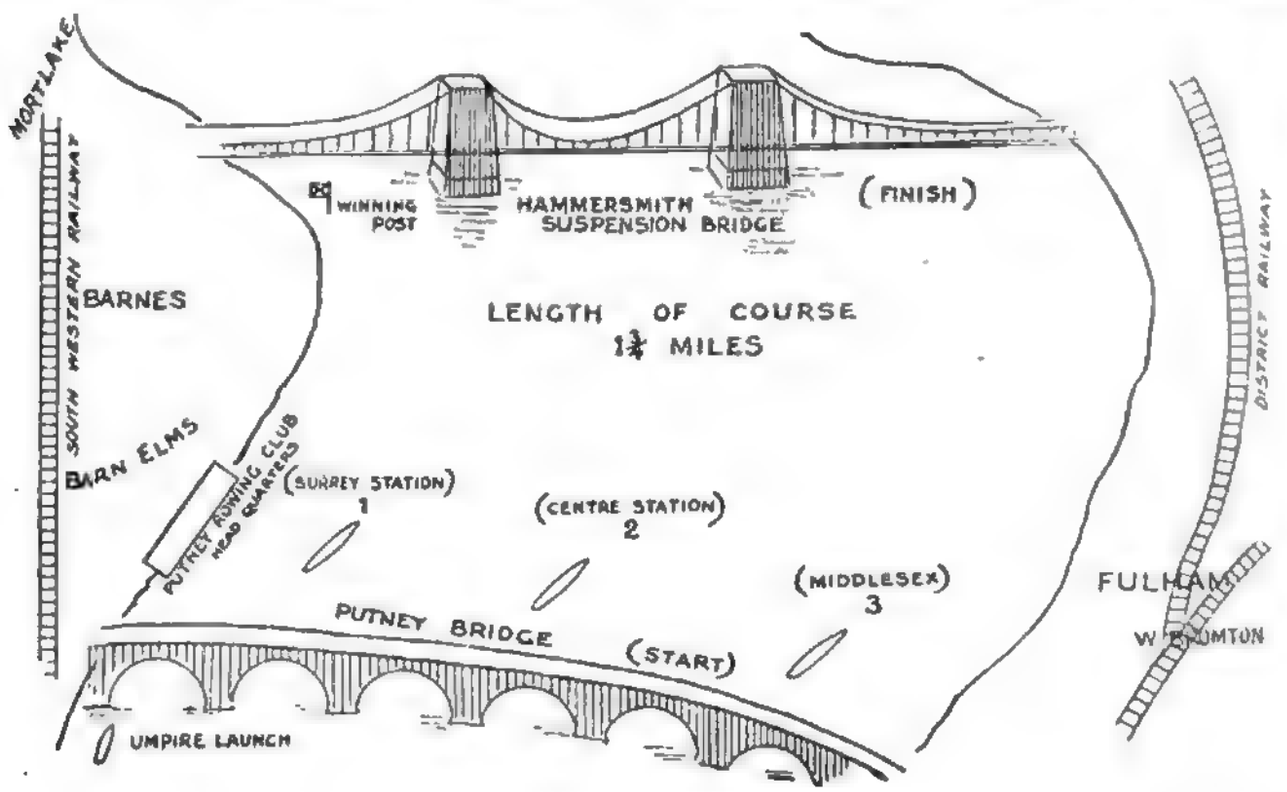


GROUP OF THE CANTERBURY TEAM WHO COMPETED AT N.Z. AMATEUR ATHLETIC CHAMPIONSHIP, 1904.

Back Row.—J. E. Green (Manager), S. Baird, W. Anderson, F. M. B. Fisher, W. H. Moyes, M. Wood, E. Foster.
Middle Row.—W. Flewellen, W. O. Bradley, P. H. Stubberfield, F. Benjamin.
Front Row.—L. A. S. Rich, A. O. Keating, P. H. Hartland, H. S. Williams, W. C. Hart, W. F. Simpson, A. Rhodes (Trainer).

Sandow Presentation Sports Cups.

THE third annual races for the handsome Challenge Bowl and Gold Medals presented by Mr. Sandow, to be competed for by four-oared crews from clubs affiliated to the National Amateur Rowing Association, will be contested rather earlier this year than heretofore, the date chosen being Saturday, June 4th. The course will be the same as in previous years, between Hammersmith and Putney Bridges, and as a capital entry from nearly all the affiliated clubs has been obtained, an interesting afternoon's sport may confidently be anticipated. The present holders of the trophy are the Cygnet R.C., who twelve months back won in capital style, completely rowing down their opponents, the Iris R.C., in the final. Up to the half distance there was nothing in it, as although the Cygnets led at the start, when the crews passed Waldon's Wharf, they were dead level. After that, however, the Iris men began to fall back, and a quarter of a mile from the finish they stopped, some of them being completely rowed out. At the first race, in 1902, the Bowl went to the University R.C., who created a surprise by defeating the much-fancied Putney R.C. crew. At a delegates' meeting of the Thames Branch of the N.A.R.A., held at the Cross Keys Hotel, Blackfriars Road, entries were received from the Trent Amateur R.C., Burton, Iris R.C., Putney R.C., Clapton Zephyr R.C., Britannia R.C., and Cygnet R.C. The draw was then proceeded with and resulted as follows:—Heat 1: Surrey Station (blue), Britannia R.C.; Centre Station (green), Iris R.C.; Middlesex Station (red), Clapton Zephyr R.C. Heat 2: Surrey Station (blue), Putney R.C.; Centre Station (green), Cygnet R.C.; Middlesex Station (red), Trent Amateur R.C. Final Heat: Surrey Station (blue), winners of Heat 1; Middlesex Station (red), winners of Heat 2. It will be seen that the Lea clubs all meet in the first heat and the Thames and Trent clubs in the second. The course for the heats will be from University Stone to Hammersmith Pier, and for the final *vice versâ*. The first heat will start at 4 o'clock, the second at 5.0, and the final at 6.30. Messrs. Byron Levick and J. H. Clasper will act as starters and umpire, and Messrs. Leates, Hill, and Trouten as distance judges.



VANSITTART, whom those interested in weight-lifting will recollect no less on account of his truly marvellous muscular development than his extraordinary strength of grip, and whom others may possibly have seen on the music-hall stage as "Vansart, the Man with the Grip of Iron," has recently been performing in Paris. "Lord Vansart," as one French newspaper styles him, has not had his feats accepted with the ready confidence in their genuineness they received in this country, for it was remarked, when a challenger came forward and challenged "Vansart" to a contest wherein a pack of thirty-two cards was to be torn into eighths, two packs into quarters, and three packs into halves, "here is a challenge Lord Vansart will accept with difficulty." The Parisian press, by the way, are expressing considerable scepticism with regard to the feats of Georg Lurich—to some of which I referred last month—and state that before he claims so high-sounding a title as the champion weight-lifter of the world he had better compete at the annual championship meeting held in Paris.

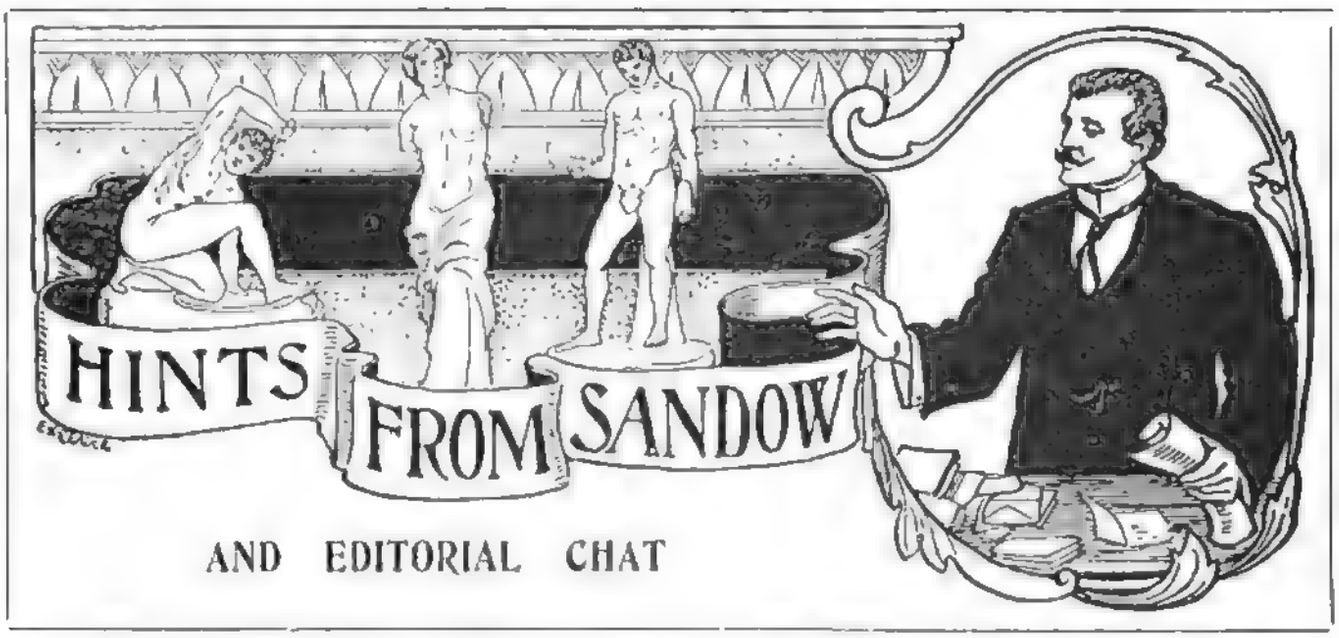
The exigencies of the moment frequently give rise to the performance of feats which, in a calmer frame of mind, the performers thereof would find great difficulty in accomplishing. Most people, and every athlete or weight-lifter in particular, know what I mean; how in moments of great excitement or when closely pressed by a determined opponent, one is able to make a mighty effort, and run, or jump, or lift a heavy weight far beyond one's ordinary powers. Unless a man be gifted with a great reserve of nervous force, the effects of the unusual exertion become easily apparent. A conversation I had recently with a chance acquaintance during a long railway journey gave birth to the narration of an excellent example of this momentary possession of supernatural strength. My acquaintance had been starting on a holiday trip with his wife and family, the luggage consisting of a couple of very large and well-filled trunks. A change of trains at an intermediate station was necessary, and by the mistake of a porter the man, his family, and the luggage found themselves on the wrong platform, that on which they should have been being separated from them by a double line of metals. A train coming alongside this further platform, the man was horrified to hear announced that it stopped at the station which was his destination; there was no time to run the length of the platform and cross a bridge to enable him to reach the right platform, not to speak of the difficulty, or rather, impossibility, of getting the luggage across in time, so the desperate man directed his family to cross over the lines, and placing one of the trunks on the other, lifted the pair of them in his arms and staggered across the rails, placing them safely upon the platform, notwithstanding the fact that either of the trunks was so heavy that words of angry

disgust had been drawn from the porters who had severally handled them one at a time. The train was entered safely, but, as he told me, the man, directly the feat was accomplished, sank down exhausted, and for the rest of the day was completely knocked up.

The wrestling boom in London is causing somewhat of a slump in weight-lifting, and the number of weight-lifters, amateur and professional, who have turned their attention temporarily to wrestling is considerable. No interference with the former sport has taken place in the North, and my Northern correspondent has sent me particulars of several interesting competitions and contests between representatives of the Newcastle Weight-Lifting Club and the Newcastle Central Physical Club. Mr. R. Heaney, a member of the former club, performed a good lift in the shape of a clean left-hand lift of 130 lbs.; while in a match of four feats between G. Lumsden and P. Johnson, the latter, although the lighter man, had the better of the argument.

Lurich, of whom I spoke last month, is one of the few weight-lifters whose performances are gone through without an appearance of undue exertion, and who leaves on the minds of the spectators an impression that he is capable of a great deal more than he actually shows. The apparent ease and cleanness with which he handles enormous weights is most striking; there appears to be but little effort in his most impressive lifts, an impression due, as the experienced weight-lifter knows, to the exact knowledge of the manipulator of the force required for the particular effort, and his ability to distribute the strain over the whole of the body. Lurich does not lift with his arms alone (as a good weight-lifter should not, although many who try their hands at the game forget this), but with the whole of his body. His muscles act in perfect unison, and over these he displays a greater control than any man I have ever seen, bar one. For sheer muscularity he is, outwardly, far inferior to many a brother professional; his fine proportions prevent the eye from seizing upon any particular part of his person, and he presents none of the abnormal development, the one-sidedness characteristic of a large number of his profession. But the muscle is there, although it is obviously not the same quality of muscle as distinguishes the man who has trained himself for many years by the aid of heavy weights. Comparatively, his countryman, Hackenschmidt, is a far more powerful-looking man; whether he is actually so I beg to doubt, and in spite of the latter's quickness of movement, he has not the suppleness and smoothness of Lurich. That his muscle is there, and of the right kind, one of his astonishing feats prove. Attaching a 56-lb. ring weight to each end of a 130-lb. barbell, making 242 lbs. in all (I have tested these weights myself, so have not the slightest doubt of their genuineness), he raised the instrument to arms' length above his head—a clean lift in one movement—and then dropped it behind his head, catching it on the back of his neck low down, the muscles lying around the base of the neck and the upper part of the shoulders being drawn up to receive the weight and protect the spine—a feat very few will feel inclined to emulate. But it is the extent of the nervous force he gives evidence of possessing which so forcibly impresses the non-superficial beholder; he is full to the finger tips of energy, with an exuberance of spirit which will, I fear, lead him into putting a strain upon his physical constitution it will be unable to bear. Altogether a remarkable man.

Hermann Maxim, to whose record lift of 220 lbs. I referred before, is a well-developed, cleanly-built youngster, who will require to meet an exceptionally good man before he cries "Peccavi." He can—I have seen him—lift 300 lbs. after the Continental fashion, and can also do a right or left hand snatch lift of 170 lbs. Not bad for a 12-stone man; and Maxim, it must be remembered, is not a short man.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page ii of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

H.A.B.—Your measurements are very proportionate as a whole. You are yet young, however, and there is absolutely no need to force matters; just go on working quietly.

A. H. Monnier.—I thank you very much for your good wishes, and am glad to see my visit has been productive of such good results. Your measurements show close attention to physical culture, particularly the chest.

M. Jacobson.—Your brother's measurements are certainly very good, but I should advise him to go carefully, as he is yet young, and there is always a risk of strain in one so enthusiastic and yet whose muscles are only partly developed.

P. Cresswell.—I regret you did not see the performance at the Hippodrome; it was, indeed, unfortunate in many ways that I was indisposed It will be some three to four months before I shall be exhibiting in England again, full particulars of which you will see in the Magazine, and I trust you will be able to take advantage of the opportunity. I must thank you for your recommendations, and am delighted to hear your work has been so successful.

Salem.—You have indigestion, and I refer you to the Abdominal Chart. For the second, note Nos. 17 and 18 of No. 1 Dumb-bell Chart.

Bob Hunter.—You are certainly much below the normal weight, but do not worry. What you require is a regular amount of systematic exercise, proper attention to diet, fresh air, and cold water in the form of baths. As you live in London, why not attend one of my Schools, if only for a short period?

Wigan.—Use my grip dumb-bells, and put an extra spring in the left bell.

F.W.S.—1. Go to a doctor; it is the safest, simplest, and most satisfactory method. 2. Yes, quite possible, but would need special exercises, particulars of which I would give you after examination. 3. Long limbs, certainly not, strictly speaking, and in any case physical culture would always tend to perfection.

J. Blake.—I am glad to hear you are inspiring your friends to continue, and you will see the peculiarity you speak of disappear. You can make the thing you require yourself from brown paper, cloth, or almost any material you desire; I do not think anything of the kind is sold.

Bingham.—It can be obtained from the Offices of Magazine, price 1*s.* 6*d.* 10-lb. bells are ample.

Hopeful.—It is a difficult matter to prescribe off-hand in the way you suggest. As you are in the middle of London, why not attend one of my Schools?

Lindroos.—The fact of your being a professional does not necessarily mean you must use heavier bells. 4 to 5 lbs. are ample for the strongest man. I am pleased to hear you have done so well.

G. H. Dixon.—Your measurements are fair, and you need to increase your weight. I advise you to take Plasmon with your food, and Plasmon Cocoa for breakfast. Why not try my Postal Course?

Horace Prescott.—For your age your portraits show excellent development, and I take this opportunity of congratulating you, and hope to hear of you and your sister's progress from time to time.

Gunner Fry, R.G.A.—Glad to hear you are so much interested in the work, and I wish you every success. At present there are no prizes for pupils, but I advise you to watch the Magazine for notice of same.

Forbes.—I advise you to have both and pay careful attention to your footgear always and cultivate correct method of walking; note the leg exercises on the charts.

John Wood, Glasgow.—You need a Special Course, and I advise you to write me, Postal Instruction Department, 17 and 18, Basinghall Street.

E.T.G.H.—Do not wait until he gets older; begin at once with breathing exercises, and later with the Exercises laid down for children. Your best plan, however, is to have a short course prescribed for him at once and superintend it yourself. See advertisements *re* Postal Instruction in Magazine.

Chas. Lomienberg.—Your measurements are very good, but to answer all your other questions would require the whole of this page. I therefore refer you to my system of Postal Instruction. I thank you for your good wishes and hope they will be realised.

S. Coghlan (Leeds).—"Plasmon" will do all that you require in that direction. It is a capital food.

S.A.F.—Seeing that you have seven to eight years before you may reasonably be expected to have stopped growing, I should not worry; you are developing, and that is a great deal. As you exercise, so the other will take place. We cannot force Nature.

W. J. Cummins.—As an experiment stop your swimming altogether for one month. Exercise with dumb-bells and developer and take a tepid bath only, no cold water on the head at any time. Have you had any great worry or trouble? Write me the result of this experiment.

W. Zuselag.—It can be destroyed, but unless you are going to appear in public I do not advise it. You would be fighting Nature, who is usually on the right side.

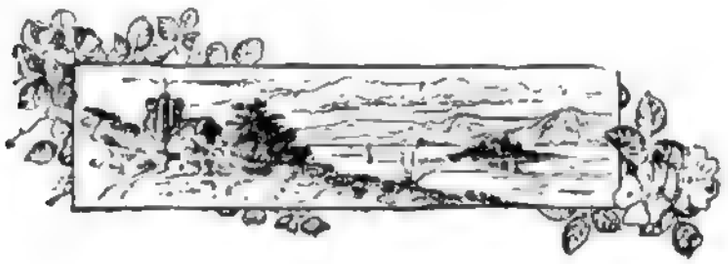
Constant Reader.—There is only one interpretation to your letter, viz., you are not doing the exercises correctly. Your physique certainly leaves much to be desired, and I think you would benefit considerably from a course at one of my Schools or a Postal Course.

Ohio.—Your measurements are good. Continue to work at your chest and arms and try to add to your weight by attention to diet. I can recommend Plasmon very strongly for the latter purpose. I will publish your letter soon.

P.G.S., Wombwell.—You will find "National Physical Education" contains the information you require on the subject.

Sandow Enthusiast.—Thanks for congratulations. I trust you will continue to do your utmost to help us in our endeavour. Glad to know you have benefited so much. Your suggestion *re* League is already under consideration.

*** Correspondents are requested to keep a copy of their questions to avoid having to make a second enquiry on the same subject.



Sandow's Sports Bureau.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

The benefits accruing therefrom to the purchaser are incalculable, for without any charge whatever, he will secure the assistance of one of the best men in every branch of athletics, in the selection of the articles desired.

Be it a bat, football, racquet, cycle, rifle, or anything else that may be required, all that the reader has to do is to write to the

Expert Department,
Sandow's Magazine,
131, Temple Chambers,
E.C.,

stating the nature of the goods wanted. The Expert will at once (by return post if possible), forward a quotation for the best article of its kind. On return of the quotation slip with the amount stated, the goods will be specially selected by the Expert, and forwarded. It will be definitely stated on the quotation sheet whether the price includes carriage or not.

This is not an offer to the general public, but only to readers of SANDOW'S MAGAZINE.

Sandow's Sports Bureau Coupon.

To the Expert Department, Sandow's Magazine,
131, Temple Chambers, E.C.

Please give your advice and particulars as to price, etc. of articles mentioned below.

Name .....

Address .....

Requirements:—

CHIEF SPORTING FIXTURES

FOR JUNE.

RACING.

*** *The figures in parentheses in this Index denote the number of days' racing at each Meeting.*

1—Tipperary (1).
1—Epsom Summer (3).
2—Paris (1).
3—Claremorris (1).
4—Kempton Park (1).
5—Auteuil (1).
5—Berlin (1).
6—Paris (1).
6—Mullingar (1).
7—Paris (1).
7—Lincoln Summer (2).
7—Lingfield (2).
8—Longford (1).
8—Auteuil (1).
9—Kells (1).
9—Paris (1).
9—Beverley (2).
9—Lewes (2).
10—Leopardstown (2).
11—Hurst Park (1).
11—Paris (1).
12—Paris (1).
13—Thurles (1).
14—Bandon (1).
14—Ascot (4).
15—Enniscorthy (1).
16—Ballinrobe (1).
16—Paris (1).
18—Phœnix Park (1).
18—Windsor June (1).
19—Paris (1).
21—Ballinasloe (1).
21—Gatwick Summer (2).
21—Newcastle Summer (3).
22—Piltown (1).
23—Ballybaunis (1).
23—Folkestone (1).
24—Birmingham (2).
24—Sandown Park First Summer (2).
25—Skerries (Strand) (1).
28—Carlisle (2).
28—Curragh (3).
28—Newmarket First July (3).
30—Worcester (2).

CRICKET.

2—Lord's, Middlesex *v.* Yorkshire.
2—Nottingham, Notts *v.* Sussex.
2—Southampton, Hampshire *v.* Kent.
2—Leyton, Essex *v.* Leicestershire.
2—Bath, Somerset *v.* Gloucestershire (Bath Festival).
2—Manchester, Lancashire *v.* Surrey.
2—Cambridge, Cambridge University *v.* Warwickshire.
2—Worcester, Worcestershire *v.* South Africans.
6—Lord's, Gentlemen of England *v.* I Zingari.
6—Gloucester, Gloucestershire *v.* Notts (Gloucester Week).
6—Maidstone, Kent *v.* Worcestershire.
6—Birmingham, Warwickshire *v.* Essex.
6—Bath, Somerset *v.* Lancashire (Bath Festival).
6—Brighton, Sussex *v.* Derbyshire.
6—Bradford, Yorkshire *v.* Surrey.
6—Crystal Palace, London County *v.* Leicestershire.
6—Cambridge, Cambridge University *v.* South Africans.
9—Lord's, M.C.C. and Ground *v.* Derbyshire
9—Nottingham, Notts *v.* Yorkshire.
9—Southampton, Hampshire *v.* Worcestershire.
9—Catford Bridge, Kent *v.* Middlesex.
9—Leyton, Essex *v.* Sussex.
9—Gloucester, Gloucestershire *v.* Lancashire (Gloucester Week).
9—Cambridge, Cambridge University *v.* Surrey.
9—Oxford, Oxford University *v.* South Africans.
13—Lord's, Middlesex *v.* Notts.
13—Birmingham, Warwickshire *v.* Lancashire.
13—Sheffield, Yorkshire *v.* Sussex.
13—Oval, Surrey *v.* Essex.
13—Oxford, Oxford University *v.* Worcestershire.
13—Crystal Palace, London County *v.* Cambridge University.
13—Bristol, Gloucestershire *v.* South Africans.
16—Lord's, M.C.C. Australian XI *v.* Rest of England (or M.C.C. and Ground *v.* Leicestershire).
16—Worcester, Worcestershire *v.* Yorkshire.
16—Nottingham, Notts *v.* Kent.
16—Manchester, Lancashire *v.* Sussex.
16—Leyton, Essex *v.* Derbyshire.
16—Birmingham, Warwickshire *v.* South Africans.
16—Oval, Surrey *v.* Cambridge University.
20—Lord's, Middlesex *v.* South Africans.
20—Tonbridge, Kent *v.* Lancashire (Tonbridge Week).
20—Leyton, Essex *v.* Yorkshire.
20—Glossop, Derbyshire *v.* Warwickshire.
20—Worcester, Worcestershire *v.* Somerset.
20—Brighton, Sussex *v.* Cambridge University.
20—Oval, Surrey *v.* Oxford University.
23—Lord's, M.C.C. and Ground *v.* Cambridge University.
23—Tonbridge, Kent *v.* Gloucestershire (Tonbridge Week).
23—Hull, Yorkshire *v.* Somerset
23—Leicester, Leicestershire *v.* Hampshire.
23—Oval, Surrey *v.* Lancashire
23—Crystal Palace, London County *v.* South Africans.
23—Brighton (or Eastbourne) Sussex *v.* Oxford University.
27—Lord's, M.C.C. and Ground *v.* Oxford University (two days).
27—Leeds, Yorkshire *v.* Hampshire.
27—Leicester, Leicestershire *v.* Worcestershire.
27—Chesterfield, Derbyshire *v.* Notts.
27—Manchester, Lancashire *v.* Somerset.
27—Oval, Surrey *v.* Middlesex
27—Dublin, Dublin University *v.* South Africans.
30—Lord's, Oxford *v.* Cambridge.
30—Nottingham, Notts *v.* Lancashire.
30—Brighton, Sussex *v.* Leicestershire.
30—Birmingham, Warwickshire *v.* Yorkshire.
30—Derby, Derbyshire *v.* Surrey.
30—Cork, Gentlemen of Ireland *v.* South Africans.

GOLF.

1—West Lancashire: Ladies' Mixed Fours.
4—Lanark: Lithgow Vase, qualifying round.
4—Professional International—England *v.* Scotland—Sandwich.
6—Professional Golfers' Association Tourney, Deal.
7—Irish Ladies' Championship, Lahinch.
8-9—Open Championship, Sandwich.
9—Medical Tourney at Northwood.
9—Scottish Victuallers' Tourney, Bogside, Glasgow.
9—London Medical Tourney, Northwood.
10-11—Chislehurst: Spring Meeting.
15—West Derby: Ladies' Summer Meeting.
16-17—Royal Portrush: Mid-Summer Meeting.
16-18—Championship of France (Gordon-Bennett Trophy), Versailles.
17—Bushey Hall: Ladies' Open Meeting and Mixed Fours.
18—Yorkshire Union Championships.
18—West Derby: Summer Meeting.
18—Hanger Hill: Open Amateur Competition.
21—Hanger Hill: Ladies' Open Meeting.
23-25—Cruden Bay: Amateur Tournament.
25—Hesketh: Summer Meeting.
25—Wembley: Lorne Challenge Bowl (final).
28—Hesketh: Ladies' Summer Meeting.
30—Canadian Championship and Open Competitions (Amateur and Professional).

ROWING.

1—North London B.C. Senior-Junior Fours.
4—N.A.R.A. Sandow Fours, on the Thames.
6—North London B.C., Tub Pairs.
8-11—Cambridge University Eights.
11—River Lea Open Scratch Fours.
13—N.A.R.A. (Lea) Regatta.
17—London R.C., Junior Trial Eights.
17—Anglian B.C., Junior Fours.
18—Walton-on-Thames Amateur Regatta.

LAWN TENNIS.

2, &c.—Leicester Tournament, at Leicester.
4—Cambridge University *v.* North Kensington, at Cambridge.
6, &c.—Kent County Open Championships, at Beckenham.
13, &c.—Northern Championships, at Liverpool.
13—Cambridge University *v.* All England L.T.C., at Cambridge.
20, &c.—The Championships, at Wimbledon.
22, &c.—Sunderland Tournament, at Sunderland.
27-28—The Championship Ties, at Wimbledon.
29, &c.—Reading Open Tournament, at Reading.
30, &c.—Sheffield and Hallamshire Tournament, at Sheffield.

ATHLETICS.

11—Edmonton C.C. Sports.
11—Kildare A.A.A. Sports, at Acton.
21—Tobacco Trade Sports, at Putney.
22—Herne Hill H. Meeting, at Herne Hill.
23—Bradford to York Walk.
25—Lowndes A.C. (Woolland Bros.) Sports, Leamington Park.
25—Scottish A.A.A. Championships.

SHOWS.

Horses.

1—Ashford.
4—Hurlingham, Polo Pony and Hack Show.
10-11—Richmond Royal Horse Show.
21-25—Park Royal, Royal Agricultural Society of England.
25—Ranelagh, Ranelagh Horse Show.
25—Hurlingham, Driving Competitions.

Dogs.

1-2—Shrewsbury.
14-15—Wirrall and Birkenhead.
22—Maidstone.

Supplement to "SANDOW'S MAGAZINE," *June*, 1904.]

NATIONAL PHYSICAL EDUCATION.

EDITED BY M.D.

WHY A NEW EDUCATION CODE IS NEEDED.

Inspector.—"I am very sorry to say, Miss Wilkins, that not one child in this standard can explain the 'Extended Predicate!'"

(*Reproduced by kind permission from* "Punch.")

National Physical Education.

DOINGS OF THE MONTH.

EDITED BY M.D.

TO OUR READERS.

I HAVE been requested to undertake the editing of this publication, and do so with the greatest pleasure, for the physical welfare of the nation has been for many years past occupying my serious attention, and I hope in the future, through the medium of these columns, to instil into some of my readers the same amount of enthusiasm on the subject which I myself experience.

It is proposed in these columns to record every month, as thoroughly and yet as concisely as possible, the progress made throughout the British Empire in the great crusade of national physical education.

In order to accomplish this work, my readers who are in a position so to do will help me considerably if they will forward from time to time particulars of the progress which is being made in the work we are all interested in, as it is only by this means that I can get in touch with my readers.

It is proposed also to include in these pages hints to parents and teachers, which should prove invaluable to them in their several capacities; and this, together with articles and expressions of opinion from leading minds in the great movement of NATIONAL PHYSICAL EDUCATION, should combine to make the pages highly entertaining to all who take an interest in the subject.

During the past few months we have passed through one of the most important epochs in the whole history of national physical education, and, did space permit, one could dilate upon the great work achieved by the Committee to an inordinate length; but space is extremely limited, and I must make my remarks as brief as possible. Their recommendations have, I may say, exceeded the anticipations of those who have considered this matter to a very great extent, but that their evidence and recommendations are based upon the soundest of theories there can be no gainsaying. Their enquiries have been most exhaustive, and I am sure that the effect of their deliberations will in a very brief space of time produce that marked improvement in the physique of the younger generation which is so necessary in order to maintain the supremacy of this nation amongst the great powers of the earth.

THE EDITOR.

Report of the Committee on the Model Course of Physical Exercises.

As most of our readers are aware the investigations of the above Committee have now been made public, and whilst the Press has taken the matter up considerably, there yet remains much to be said in connection with that report from the technical side, which will no doubt be read with interest by all those who are brought in contact with the younger generation, especially in the capacity of teachers. We have not space here to give in complete detail the whole of the report of the Committee, much as we should like to do so, nor the syllabus of exercises as recommended by the Committee, but this latter we hope to be able to comment upon extensively from

time to time, and also to place before our readers the experiences of those directly concerned, in carrying out the directions of the suggested exercises.

This we are most anxious to do, for it will be a means of interchange of opinions among masters, mistresses, and teachers, as to the advisability or otherwise of the various movements, so far as their adaptability and capabilities of physical improvement are concerned.

The Committee's Work.

It is common knowledge that the Committee was enjoined to examine the model course now in use, and to judge how far it should be modified and supplemented, to consider what principles should be followed in order to render the model course or courses adaptable for the different ages and classes of children in public elementary schools.

The Committee selected to get out this report was a most representative one, and fully qualified to deal with this all-important subject, comprising as it did: — Mr. J. Struthers, C.B. (chairman); Mr. J. F. Blacker and Mr. Marshall Jackman, of the National Union of Teachers; Colonel G. M. Fox, an expert of the Board of Education; Mr. J. Kerr, M.D.; Mr. A. L. S. Tuke, M.B., C.M.; Miss E. M. Deverell, His Majesty's Inspector; and Mr. J. Stewart and Mr. K. Whitton, His Majesty's Inspectors in Scotland; with Mr. H. R. Corner, secretary.

The task set the Committee was no light one, but to their credit be it said, they have achieved their object, and we think that in the course of time, the results of their labours will bear good fruit in the shape of the much-to-be-desired improvement in the physique of the children who receive their instruction in State-aided schools. It is to be sincerely hoped that this will not only bring about such improvement in those particular branches, but also in other educational departments, where the syllabus is not of such a compulsory kind.

The report is not so extensive as some we have had to deal with on the question of physique, notably that of the Scottish Commission, but it shows careful compilation, and the major portion is devoted to a full and yet concise description of various exercises recommended for the improvement of every portion of the human frame. For instance, each part of the body is considered under a separate heading, and as we proceed we get from elementary to advanced exercises, so that the capabilities and capacities of children of all ages are provided for.

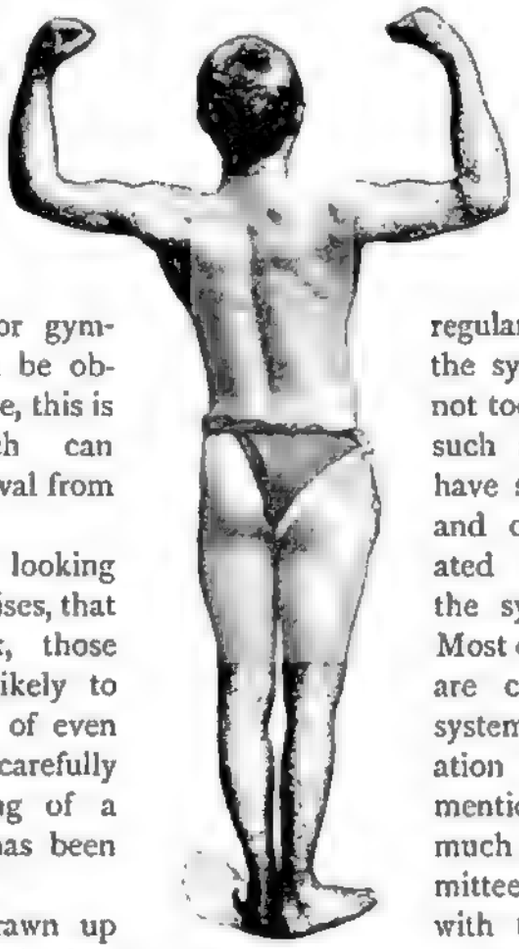
In dealing with the report we may perhaps be excused for quoting extensively from the Blue Book, in which the Committee state that they have made personal investigations as to the working of several systems of drill and physical exercises most commonly in use in schools, and they acknowledge their indebtedness to teachers and others who have made a special study of the question of physical exercises for scholars.

The Model Course.

The Committee at once proceed to state that as the result of their investigations, they do not consider the "Model Course," as presented to them, to be suitable for use in schools, in part because certain of the exercises included are unsuitable as elements of a compulsory course, but chiefly because, as a whole, the course does not seem to be constructed on well-defined general principles educed from a consideration of the function of physical exercises—a necessary element in a well-ordered course of general education for children. This decision only bears out what in many quarters has long been insisted upon. The physical capabilities of children to participate in certain exercises was never considered in the preparation of the "Model Course," and the children, consequently, were set to undergo exercises which instead of being a pleasure came to be a labour, and therefore proved of no benefit. This has been taken into consideration by the Committee in the adjustment of their syllabus of

physical exercises, and they recommend the adoption of their syllabus for general use in schools—an adoption which we heartily endorse.

They have selected their exercises from among well-known systems, and have selected them on the ground of their suitability for children of school age, and also because they call for no special provision of apparatus—a consideration which under the existing conditions is very necessary. We find, indeed, that their only suggestion for the providing of apparatus or otherwise, was the provision, if possible, of a supply of shoes suitable for gymnastic work. As these can be obtained at a very nominal price, this is a recommendation which can scarcely meet with disapproval from any school authority.



A FINE DEVELOPMENT.

A London Orphan Asylum, Watford, schoolboy.

It is pleasing to note on looking through the suggested exercises, that as the Committee remark, those which were in the least likely to prove injurious to children of even weak physique, have been carefully excluded, whilst everything of a purely ornamental nature has been eliminated.

The Committee have drawn up for the benefit of teachers, a physical reference list of a considerable number of courses which they consider meet the requirements, but wisely point out that they do not consider that the courses need necessarily be confined to the selection of exercises, even in the syllabus; on the contrary, in physical exercises no less than in other school subjects, they are of opinion it is of the utmost importance that teachers should be encouraged to apply their minds to the consideration of principles, and that they should be at liberty to propose emendations or enlargements of the syllabus, provided there is a reasonable prospect of a resulting beneficial effect. This is precisely as it should be, and we propose in these columns, from time to time, to take the opinions of teachers on the question of amendments of the syllabus, and also propose that we ourselves should offer our advice for what it is worth. We agree with the Committee that such alterations should not be made lightly. Possible injury to the children on the one hand, and on the other the possible waste of valuable school time, make it important that any such deviations should be scrutinised closely, but still they suggest that there should be regular means provided whereby the syllabus should be revised at not too frequent intervals, and all such alterations to be proved to have stood the test of experience and criticism, formally incorporated in any revised edition of the syllabus that may be issued. Most of the exercises in the syllabus are common to several of the systems at present found in operation in the schools, but as before mentioned, the classification is much more correct. The Committee in their report deal largely with the question of schools and personal hygiene, a subject which we propose commenting upon in a future number. It is very essential that teachers should be made acquainted with the indications of normal health and normal physique, and taught how to recognise probable deviations from this standard, but the Committee, seeing that it is not possible for teachers to obtain in every respect the proficiency necessary for these qualifications, think it of great importance that abundant opportunities should be provided whereby other existing teachers may not only qualify themselves voluntarily for conducting this course of

physical exercises, but may obtain an insight into this wide question of health and physical condition, which have such an intimate relation with every aspect of a teacher's work.

The Committee lay stress on the suggestion that women-teachers should be given the opportunity of attending classes formed for women and taught by women experts, which may or may not be an advantage.

They realise also that there are a number of teachers, who for one reason or another, cannot reasonably be expected to qualify themselves in this way for giving instruction in physical exercises. The means should be obtained therefore for the securing of specialist teachers who have made a special study of the physical side of education, and to entrust them with the large duties of organisation and supervision.

Space for Exercise.

Attention is drawn to the question of indoor and outdoor space attached to the school. For their proper conduct physical exercises require first of all ample playground space for children's games, which really form an integral part of the course. They require, in addition to the playground, a hall or unoccupied class-room where the systematic lessons may go on from week to week without interruption from the weather. While it is no doubt preferable theoretically that physical exercises should be conducted in the open air, they are satisfied that it is not practicable to make this the rule. The effect of physical exercises depends in no small measure upon the regularity with which they are taken, but in a climate such as this, exercises in the playground must necessarily be suspended for weeks together. Apart from the weather there are other circumstances, which need not be referred to in detail, which render the regular conduct of physical exercises in the playground altogether out of the question in many schools. They therefore regard suitable accommodation apart from the playground as an indispensable part of the equipment of schools for the purpose of physical exercise. It does not follow that this special accommodation need be provided in connection with each school separately. As is pointed out in the report of the Commission on Physical Training, Scotland, there are certain advantages attaching to the institution of separate places of recreation which would be the common meeting-ground for a group of schools.

From the personal knowledge of members, they have no hesitation in saying that there are at present many schools in which even the minimum accommodation requisite for the due conduct of physical exercises does not exist. There are many schools which have no playground, or at all events nothing worthy of the name. There are many more in which, if physical exercises are taken indoors, it must be in a class-room where there is little or no available floor space free from desks. It should be made clear that it will be the duty of the new Local Authorities to remedy these deficiences as quickly as possible, but meanwhile impossibilities must not be looked for from the staff of such schools. It may be expected that in almost all cases it will be found possible to practise regularly those simple exercises which they have denominated recreative exercises, including the breathing exercises; for the rest, the demands of inspectors in the matter of physical exercise should be carefully proportioned to the existing facilities.

The Syllabus.

Following the report is the syllabus which every teacher should study carefully, for it contains much of value on the great question of physical exercise. It is full of hints and directions, which, before attempting to undertake the task of teaching the child how to develop the muscles and organs of his body properly, should be fully studied. For the purpose of giving knowledge to teachers, the exercises are described under two headings—of physical effect and educational effect. From these heads we extract the following useful directions:—

Exercises which have as their object the improvement of the health and physique of the children, which is described as physical effect, may be roughly distinguished as follows: viz., those which have primarily a beneficial effect upon the respiration and circulation, and those which make for improvement in nutrition. These, for want of a better name, may be styled nutrition exercises, which may again be distinguished as those movements immediately of the lower limbs that involve the whole being and muscular structure of the body, which quickly bear effect both on the respiration and the circulation. Types of such exercises are to be found in the natural play-movements of children—running, leaping, skipping, &c. It is through such movements, given a sufficient supply of suitable food, and of oxygen for combustion of the food, that the structure of the body is built up during the growing period; and with the cramped conditions of school-life, it is of the first importance that adequate provision should be made for such exercises, preferably in the form of play. Children should always be encouraged to take part in all manner of running games, which develop and engage attention at the same time, and for girls the exercise of skipping should particularly be encouraged.

Importance of Proper Breathing.

Another subdivision is those exercises which affect both the muscles and respiration. Types of these are breathing exercises, and those exercises of the upper limbs which develop the chest capacity, and exercise the muscles involved in the power of respiration. The Committee draw attention to the importance of nasal breathing, and points out that a child who cannot breathe comfortably without using the mouth requires to be submitted for medical examination. Nasal breathing, they say, will probably be accompanied by an improvement in the child's power of attention, and also diminish the risk of contracting most infectious diseases, with their serious results. They consider the formation of habits of correct nasal breathing a matter of quite as great importance as any other department of infant school work.

Corrective Exercise.

They classify a group of exercises as corrective, which have for their principal effect the correction, so far as possible, of certain bodily defects, which is very essential for the purpose of counteracting the stooping position so often acquired when at work at desks.

Exercises for the Nervous System.

A group of exercises devised principally for the benefit of the nerve system, and the control of the nerve centres by the muscles. Under the heading of "Educational Effect," the syllabus points out that this effect properly belongs to all exercises in a certain degree and at a certain stage, and while this educational effect may be deduced from such apparently natural movements as walking, running, breathing, it belongs in a higher degree to the other exercises in the syllabus, and to the balance exercises in particular. They point out that at first, each of these exercises requires in varying degree, certain concentration of mind, and a certain effort of will, and it is only by repeated, and at first, laborious efforts, that perfection of execution is arrived at.

When to Exercise.

Taking in view the fatigue which is engendered during the early stages, they recommend the careful consideration of the times at which, and the manner in which the exercise should be taken; but certain well-known exercises, which may be termed for the sake of convenience, recreative, it is pointed out have a comparatively transient effect, and to obtain permanent benefit they should be performed in the classroom several times daily for two or three minutes at a time.

In working through the syllabus, the exercises which are classified under certain heads, and their most prominent characteristics, are not intended to be worked through as they stand, but merely as a useful guide.

The exercises are designed for the formal instruction of children between the age of seven and twelve years, and the physical capabilities of children between those ages have been under rather than over-estimated. Children who through insufficient or improper feeding, are suffering from constitutional weakness or injury, must be excluded, and their cases reported without delay to the Educational Authority, in order that steps may be taken to find a remedy, if a remedy is possible.

Children from ten to twelve years, of normal physique, should be able to perform all the exercises recommended with any required degree of precision, and for older children variety of exercise and further educational effect may be obtained by the introduction of light apparatus.

Music to be Eschewed.

The Committee insist that music should never be used as an adjunct to exercises that are being learned, but that when they have become familiar, such exercises as are adapted to musical rhythm, may be taken with it. Whilst music saves fatigue—a very valuable thing with young children—it also detracts from the will-training in muscular movement, and diminishes the educational value of such movements.

They leave to the discretion of the teacher the physical instruction of infant classes, asking that great attention should be given to securing proper positions at desk work, whilst breathing exercises and simple nutritive exercises should be practised steadily.

Fresh Air.

During all exercise doors and windows should be opened, so that whilst the children are in active movement the rooms should be well supplied with as much fresh air as possible ; at the same time breathing exercises should never be omitted, because for any reason this condition cannot be fulfilled. With proper nasal breathing any atmosphere that is good enough to live in is good enough to exercise in. The Committee point out that the efficiency of many exercises would be greatly enhanced by the provision of suitable clothing and suitable foot-gear. Such exercises as heel-raising cannot properly be performed in heavy boots or clogs, and it is recommended that where advisable a supply of gymnastic shoes should be made part of the school equipment.

Question of Dress.

The teachers are enjoined to direct the attention of the girls to the injurious effect of tight underclothing, and it is strongly recommended that wherever possible the instruction of the older girls should be given to women teachers. This arrangement will afford a valuable opportunity for the giving of advice which could not otherwise be given as to dress and the general care of health. Pupil teachers should, when possible, be instructed by an expert.

Illustration.

Teachers are asked to, as far as possible, give their directions by illustration, either by performing the exercises themselves, or causing them to be performed by a smart scholar in front of the class. Also that they should be able to give lessons without reference to the syllabus ; and there are some useful directions in the concluding paragraphs with regard to the way in which directions should be given for the performance of exercises, which we propose drawing attention to later.

The exercises are placed under various headings, and at the conclusion the Committee have drawn up, evidently after very careful consideration, a key table, giving what they consider the best method of grouping the exercises in order to derive the greatest benefit from them.

These are under ten heads, and are divided into three sections, additions being made to the second or third sections as the pupils advance in proficiency.

The first complete section consists of simple exercises, and is suitable for children from seven to nine years of age; the second complete section cultivates concentration of movement, and is suitable for children from nine to eleven years; and the third complete section introduces exercises of greater difficulty, and is suitable for children of eleven years of age and upwards.

First Series of Exercises.

In the key-table the following exercises are given as suitable for children commencing physical education:—

1. Play or running about.—The children should be allowed for a minute or two to run about as they please.

2. Attention.—The *body* and *head* must be held erect, *chin* slightly drawn in, *chest* expanded, *shoulders* square to the front and slightly drawn back, and *eyes* looking straight forward. The *arms* must hang easily, *elbows* to the rear, *fingers* and *thumbs* straight, close to one another, and touching the thighs, *knees* well braced back, *heels* closed, and *toes* turned out so as to form an angle of about 90 degrees; *weight of body* on the fore part of the feet.

It should be remembered that the position of *Attention* is one of strain, and scholars should, therefore, never be kept in this position for more than half a minute at a time.

3. Arm Flexions and Extensions.—Arms downwards stretched.

Arms—bend (one)—Keeping the chest expanded and the upper arms steady, bend the forearms quickly upward as far as possible, fists clenched and brought well back, backs of the hands turned outward, the whole of the body being braced up to its fullest extent.

Downward—stretch (two)—Stretch the arms smartly to the sides.

4. Balance Exercises.—Heels raising.

Starting Position—hips firm. Heels—raise (one)—Keeping the body erect, legs straight, and heels together, raise the heels quickly as high as possible. Heels—lower (two)—Keeping the knees straight, lower the heels slowly. Class—Attention—As before. This exercise may also be done from the following positions in order:—(*a*) neck rest; (*b*) astride, hips firm; (*c*) astride, neck rest; (*d*) foot outward, hips firm; (*e*) foot outward, neck rest; (*f*) arms upward stretch.

5. Shoulder Exercises and Lunges.—Arms forward raising.

Arms forward—raise (one)—Raise the arms forward to the level of the shoulders, palms inward, elbows and fingers straight, arms parallel. Downward—lower (two)—Lower the arms to the sides. (a) *Heels raising* at *one* and *lowering* at *two* may be added later, the commands then being *with heels raising, arms sideways—raise; downward—lower.*

6. Trunk Forward and Backward Bending.—Head bending backward.

Starting Position—hips firm. Head backward—bend (one)—Without altering the position of the trunk, bend the head slowly backward, care being taken that the chin is not pushed forward. Upward—stretch (two)—Drawing the chin well in, raise the head slowly to its former position. Class—Attention—As before.

7. Trunk Turning and Sideways Bending. Starting Position—hips firm. Head left—turn (one)—Keeping the body erect and steady, turn the head slowly to the left as far as possible, looking in that direction. Forward—turn (two)—Turn the head slowly to its former position.

Repeat to the right.

Class—Attention—As before. (*a*) After some practice *head turning* may be done from side to side, the commands being *Head Left-turn* (*one*); *Right-turn* (*two*); *Forward—Turn* (three). Repeat, beginning on the right side.

8. Marching and Marking Time from the Halt.—Quick Mark—Time—On the word *Time*, beginning with the left foot, the scholars will raise their feet alternately about three inches from the ground by bending the

knees. The head, body, and arms must be maintained in the position of *Attention*, and care taken that the scholars mark time without moving forward or backward; the heel should be first to leave and last to reach the ground. Class—Halt—On the word *Halt*, repeat the movement with each foot, counting *One! Two!* resuming the position of *Attention* on the second movement.

9. Jumping.—Preparation for Jumping.

Starting Position—hips firm—Prepare to—Jump—On the command, *Jump*, perform the four movements of *knees bending and stretching* (*heels raising*, *knees bending*, *knees stretching*, and *heels lowering*), in quick time, one after the other, and without a separate command, counting to four. Class—Attention—As before.

Work from this column should be omitted until the exercise has been taught under No. 4.

10. Breathing Exercises.—These exercises are of great value, and should form part of the daily training of every scholar. It is of great importance that the correct method of nasal breathing should be taught from the beginning of school life.

(1) *For Infants*, a simple initiative exercise is the most easily acquired.

The infants, standing or sitting, and watching the teacher, place the left hand over the pit of the stomach and breathe in as she does, noticing the hand during inhalation. The child then breathes out slowly, the hand at the same time sinking. On each occasion the teacher must watch the class carefully, and note that all the mouths are firmly closed, and that all breathing is through the nostrils only.

This exercise should be repeated about six times at least twice daily.

Note.—Care must be taken that during inhalation the head and chest be not thrown too far back, nor the abdomen thrust forward.

(3) *Combined Breathing and Slow Arm Exercises.*—When a combined movement is used, the caution, *with deep breathing*, should always precede the command for the arm movements, *e.g.*, *With Deep Breathing*, *Arms Sideways—Raise.*

The arm movements employed should follow the rhythm of normal respiration (inhalation, exhalation—pause; inhalation, exhalation—pause), &c., and the breathing act must not be made to follow any artificial or arbitrary rhythm like that of music. It is also impossible that all members of a class should do the movements in absolute unison, for no two persons breathe naturally exactly alike.

These exercises are added to and increased as proficiency is attained, and we propose including the suggested additions to these preliminary exercises in our next number, with the diagrams of those which require more lucid explanation.

Gymnastic Teacher's Institute.

Whilst violent exercises of the character practised in the gymnasium are against the principles laid down by us, yet there is much that may prove of use to the seasoned body in such exercises as parallel and horizontal bars, vaulting horse, Indian clubs, etc. It was a very instructive display which we witnessed recently at the Northampton Institute, Clerkenwell, given by the members of the Gymnastic Teachers' Institute. Included in the programme, which was of a varied character, was marching, dumb-bell, wand, and skipping exercises, all of which are calculated to be excellent appurtenances of systematic exercise. An Indian club solo was given by Miss A. G. Barry, whilst the male and female members of the Institute were seen to great advantage in their vaulting and horizontal bar displays. Amongst the visitors present were Colonel Napier, Inspector of Military Gymnasiums, and Colonel Fox, Chief Inspector of Physical Exercises to the Board of Education, both of whom expressed themselves as being highly pleased with the manner in which the various evolutions were carried out.

Dublin Diocesan School.

The Physical Culture Class of the Diocesan Intermediate and Commercial School for

Girls held their class competition and displays in St. Matthias' Parochial Hall, Dublin, before a large audience. The medals in the "Drill Down" competitions were won by Miss Eveline Molony and Miss Ethel Synnott, after a close contest. The Ormond Physical Culture Club gave an excellent exhibition of Indian clubs, dumb-bell exercises, and also of free gymnastics. Both classes are instructed by Miss Gibbon. The entertainment closed with the presentation of the medals by Miss Macartney and a short address by Rev. Canon Day. Mr. R. R. Montserrat and Mr. E. E. Dann acted as judges.

Muswell Hill and Tollington Park Schools.

The boys from the Muswell Hill and Tollington Park Schools gave what proved to be a highly successful gymnastic display at the Northern Polytechnic Institute. In the course of some fifteen items there was no little evidence of the able tuition given by Professor W. H. Garrud, the instructor in gymnasts, who was warmly applauded for his skilful performance with the Indian clubs.

Holloway College and L.S.C. Continuation Schools.

On Saturday, May 14th, a grand gymnastic display was given in the Great Hall of the Northern Polytechnic Institute, Holloway Road, N., by pupils of Holloway College and various evening continuation schools of the London School Board, under the very able direction of Miss E. Marion Eyles, M.G.T.I., L.G.S., Gold and Silver Medalist N.P.R.S.

The proceedings opened with an entrance trot by 78 pupils, members of four different classes, and included in a very lengthy programme were Indian clubs, parallel bars, dumb-bell exercises, wands, vaulting horse, fancy skipping and numerous other items, all of which were of the highest order. An Indian club solo and a skipping solo were excellently rendered by Miss Eyles. Another item was high jumping, the winner of which received a silver medal at the hands of the chairman's daughter, the height cleared being 4 ft. 10 ins., by Miss J. Robson. This medal was very kindly given by the Instructress. A flag race between teams of ten aside, representing England and America, was won by John Bull after a very exciting contest. A Scotch dance was given by the pupils of Holloway College and was deservedly encored as was also a Scotch dance by Miss Katie Klett, M.G.T.I.

* * *

If you think it worthy of it, and are pleased with our initial effort in the cause of National Physical Education, pass your copy on to a friend who is interested in the welfare of the children of the nation. Another good plan would be to secure a few copies, and give them to the children in your classes; they will find much that will cause them to take an interest in the improvement of their physical condition, and with their bodily improvement mental advancement is sure to follow.

* * *

The following was the resolution passed by the defunct Hastings School Board in April of last year: "That this Board, having considered the subject of physical drill in elementary schools, is satisfied that such drill is beneficial to the healthy development of the children, and approves of such exercise under the sanction of the Board of Education and the approval of His Majesty's inspector."

* * *

The report of the Select Committee affords abundant food for thought, and nowhere should it be more carefully studied than in Ireland, where physical training in the primary schools does not occupy a prominent place on the programmes.—*Northern Whig, Belfast.*

* * *

Evidence before the Physical Deterioration Committee has been given by Dr. Airy, one of His Majesty's Inspectors of Schools, and the Hon. Maude Stanley.

* * * *

"Amongst earthly blessings there is none greater than the possession of physical health and strength, but how few there are who give serious thought to the subject. As a nation, we insist, and rightly insist, that all children should be educated. We spend thousands of pounds in order that every child, however poor, may be given an equal chance in life, and yet how small a part of all this thought, trouble, and expenditure is directed towards imparting to children knowledge which in after years shall enable them to understand the laws of nature, and to maintain their own, and their future children's, bodies in health and strength."—The Earl of Meath.

* * *

Sir James Crichton-Browne recently made some very pertinent remarks when lecturing to the members of the Sanitary Inspectors' Association. Speaking of the decline in the birth-rate, he made a scathing indictment against married women who shirk their duties, which, he said, was lamentable. "Seduced by the siren calls of fashion and frivolity, these women evade their duty—to the loss of their offspring." Dealing with the children and their loss of physique, Sir James said: "the children in the elementary schools wanted bread and were given brain-polish—they were given the tonic sol-fa system instead of milk." In conclusion, Sir James recommended strongly that goats' milk might be used to augment the supply of cows' milk. "Two goats and a paddock," summed up the Elysium which he conjectured for the country labourer. He pointed out that although goats' milk was spoken of slightingly, yet it contained almost exactly the same proportion of fat as human milk, for which it was an inestimable proxy.

* * *

In physical education nothing can be done by remembering to-day and forgetting to-morrow. Only a systematic training can result in good.

* * *

It is gratifying to find, in the report of the Inter-Departmental Committee, that the military exercises are tacitly condemned. The proposed new course of exercises omits all the showy soldier marching which has too often done duty for physical culture, and the chief use of which seems to be to give boys a taste for fighting. It is a serious problem that the Committee have set themselves to solve, for it involves both the physical and moral well-being of the coming generation. We are glad to find that in place of a rigid set of rules, to be indiscriminately applied to all cases, qualified teachers are to exercise their judgment as to what is permitted, having particular regard to the child's home life. It is there, in our judgment, that the crux of the whole matter lies. What is to be done with weak, underfed children, who exist in an atmosphere vitiated both physically and morally? The work of the school is undone in the home, unfortunately. It is in the home that the real culture of body and mind needs guarding. — *The Christian.*

* * *

Lady Conan Doyle and Mrs. Thomas Hardy, the wives of two of our most famous novelists, are to adjudicate on the new "Tatler" prize competition for the photographs of the three most beautiful children in the British Isles.

Should the demand prove sufficient to warrant it, we propose issuing our publication at more frequent intervals. It rests with those interested, and who are not, in the physical welfare of the nation to give us their support, and so enable us to champion thoroughly the cause which we have so much at heart. Any matters of interest dealing with the question of National Physical Education we shall be only too happy to deal with in these columns, and any suggestions which teachers or pupils may make will receive most careful consideration. Do not be afraid to write giving your views on the question—they may be just what we require. Rest assured that a letter to the Editor of National Physical Education will receive thorough and careful attention.

CHATS WITH THE CHILDREN.

I HOPE next month to be able to place before you an interesting competition for both boys and girls, the conditions of which will enable you all, as well as your teachers, to take an interest in your physical welfare. Be sure and look out for the particulars of this competition in next month's issue of National Physical Education.

* * *

"My father is a great believer in persistence—in patience," said the persistent man. "Once, when I was a boy, I abandoned in despair some childish task that I had undertaken, and my father reproved me for it. 'Persistence will do anything,' he said. 'There's nothing you can't accomplish with practice.' And then he smiled slightly and added: 'You could even carry water in a sieve if you would have the patience to wait long enough.' 'How long would I have to wait?' said the listener. 'Till it froze.'"

* * *

We want you to take an interest in your bodies. You should know the name of every muscle and what it is for. If you do this, you will be surprised how quickly you can concentrate your mind upon any given muscle which you may be exercising.

This you will find of great assistance in bringing about a rapid growth of the tissue of which the whole muscular system is formed.

* * *

A country farmer, visiting a market town, was pestered by the agent of a bicycle dealer to buy a machine. "I'd rather spend my money on a cow," said the farmer. "But what an idiot you would look riding about the town on the back of a cow," urged the agent. "Perhaps so," replied the farmer, "but not half such an idiot as I'd look trying to milk a bicycle!"

* * *

You will assist your teachers in the work of improving your bodies if you will carefully study each movement, so that when the

word of command is given, you are able to execute that movement without waiting to have it explained to you over and over again. The first set of exercises which you may have to do you will find on another page. Read the instructions carefully, and so please your teacher, by seeing that you take an interest in your own improvement.

* * *

A fishy old fisher named Fischer
Fished fish from the edge of a fissure;
A cod, with a grin,
Pulled the fisherman in;
Now they're fishing the fissure for Fischer.

* * *

Remember the adage which you find in your school books: "If a thing is worth doing, it is worth doing well."

* * *

Soon after King Edward succeeded to the throne a little girl was busy rearranging the National Anthem—putting King for Queen, and making other changes to suit the altered circumstances. When she had completed her task her father was no little astonished on hearing her sing with great fervour—"Send him edwardious, happy and glorious," &c. The child evidently thought that the word "victorious" was personal to the late Queen!

* * *

Where the Fault Lay.—"'Tain't my fault I'm at the foot of my class." "Whose fault is it, then?" "It's Johnnie Shepherd's—he's ill an' can't come to school no more!"

* * *

THINGS TO REMEMBER.

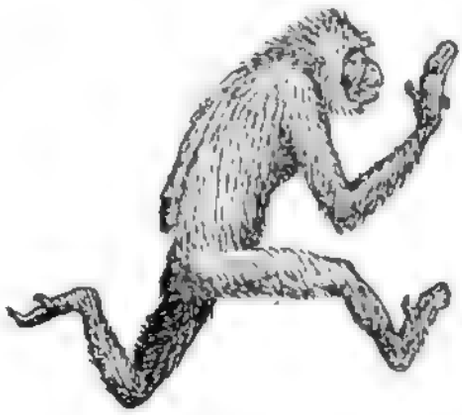
Always breathe through the nose.

It is not necessary to leave your breathing exercises to be done only during exercise-time.

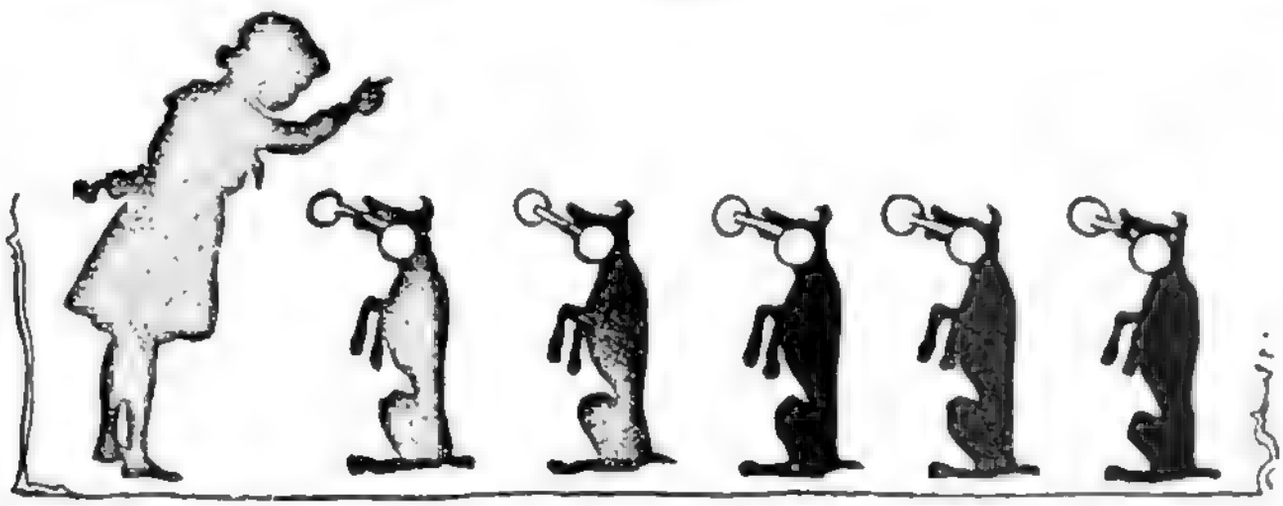
Practise them on your way to school, and when coming home from school. If you do this say three or four times coming and going you will be surprised to find how it sets you up.

You will do your lessons much quicker, and they will appear much easier, and after your work is done it will be the means of brightening you up.

* * *



"Paul," said the small boy's mother, "will you go into the room and see if grandfather is asleep?" "Yes, mother," whispered Paul on his return—"he is all asleep but his nose!"



CORRESPONDENCE.

PHYSICAL TRAINING IN NEWPORT.

TO THE EDITOR.

Sir,—I annex copy of a letter I have addressed to the Clerk of the School Board of Forgan in regard to the need of proper accommodation in the parish for physical education.—I am, &c.,

J. PERCY STURROCK.

PHYSICAL TRAINING.

Dear Sir,—I beg leave to direct your attention to the report of the Inter-Departmental Committee to the Education Department, which was issued the other day, and especially to that part of it which deals with the question of accommodation for the teaching of physical exercises.

The only hall in Newport in which physical exercises can be taught during the winter months with any degree of success is the Blyth Hall, but the Trustees do not see their way to allow it to be used for this purpose. The report to which I refer contains the following suggestion:—"There are certain advantages attaching to the institution of separate places of recreation which would be a common meeting ground for a group of schools." A class of physical training was conducted in Newport during the winter months in connection with the Boys' Brigade, and this class was so well and regularly attended by pupils of all three schools in the district that the question of lack of space became a difficult one.

I am strongly of opinion that a drill hall and gymnasium (such as is to be found in St. Andrews), if situated near Waterston Park, would be a centre to which the youths of Newport and Wormit would resort largely during the winter months for physical education, which at that age is, in the opinion of many, of as great importance as mental education. I trust that if any recommendation to the School Board should result from the above report, that the Board will be good enough to consider whether anything can be done in this direction.—Yours truly,

J. PERCY STURROCK.

May, 1904.

The subject of dancing being taught to scholars in the girls' department of the Mold Board Schools has been considered by the Mold and Buckley School Board. An anonymous letter had been received complaining that dancing was carried on at the schools both during and out of school hours. The head-mistress had been written to for details and explanation, and the reply now read stated that dancing was taught as "physical exercise" in the girls' department twice a week, strictly according to her scheme of work, signed and approved by H.M. inspector. There had also been three evening practices for the teachers, who were willing to pay for coal and gas consumed.

Mr. J. T. Morgans said he had no objection personally to dancing, but he thought some people might object very strongly to what was being done in the schools.

Mr. Prince asked whether dancing was regarded as "physical exercise" in school curriculum. Personally he did not object to dancing, but he imagined that some people would object.

The Rev. E. Bithel said the ratepayers felt it hard to pay rates for the teaching of the "proper things of life," and dancing was not one of them. Schools were built for education alone, and this sort of thing ought to be stopped.

Mr. Gittins (Buckley) agreed with the last speaker.

The Chairman (Mr. Lamb) said he objected to dancing during school hours, and he felt that a number of parents would object also. He would propose that the Board express their disapproval of the practice.

Mr. Bithel seconded, and the proposition was carried.

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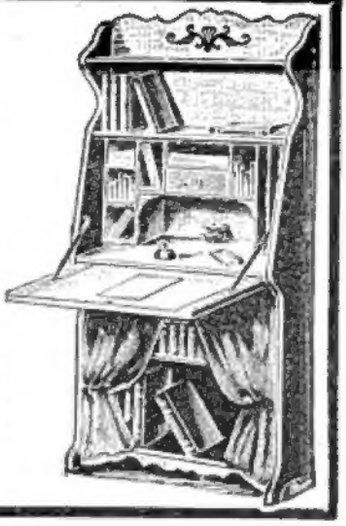

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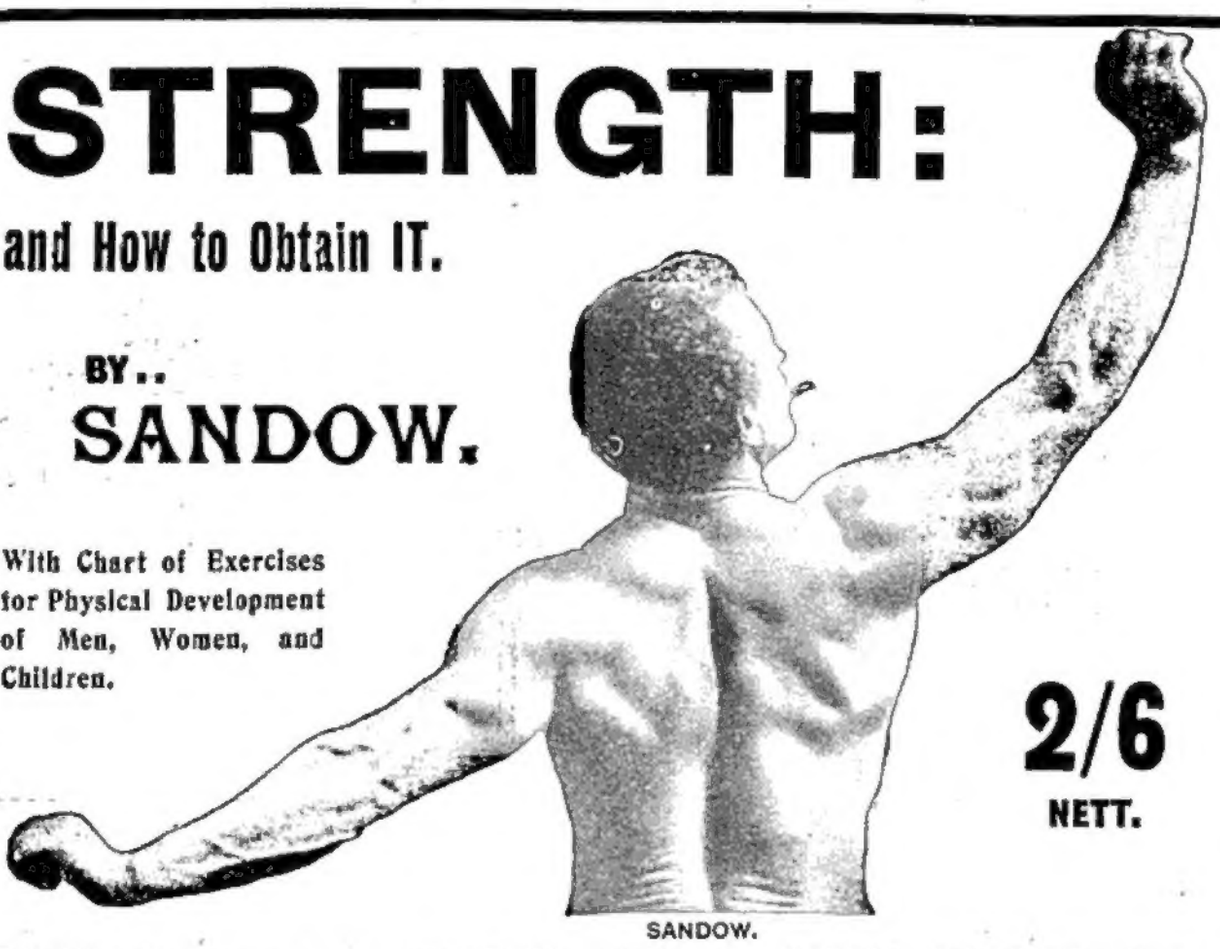

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